

T H E
LADIES FRIEND;
O R,
C O M P L E T E
PHYSICAL LIBRARY,
F O R T H E
Benefit and particular Use of the Ladies of
Great Britain and Ireland;

T R E A T I N G
Of the Nature, Causes, and various Symptoms of all
their Diseases, Infirmities, and Disorders, natural
or contracted, both before and after Marriage :

W I T H
Direct Methods of Cure, without exposing their
Indisposition to any Person living :

A L S O
Of the Disorders incident to Children, from the Month
to Five Years of Age ;

W I T H A N A P P E N D I X,
Containing a Number of the most *Valuable* and
Modern Prescriptions for Family Use.

To which is annexed,
THE PRACTICAL MIDWIFE,

And thirteen curious Engravings of the natural and un-
natural Posture of the Infant as it lies in the Womb,
with an Explication how to manage a Difficult
Labour, &c. &c.

In the Introduction to this Work, is added a Physical
and Astronomical Description of Animation, or the
supposed Time the Soul enters the Body of the
Infant in the Womb, &c.

The FOURTH EDITION, with Additions and Alterations.

By S. FREEMAN, Esq; PHYSICIAN,

è Collegio Regio Aberdonensi. 1776-1789

Author of the New Good Samaritan, and other Medical Writings.

*For by me thy Days shall be multiplied, and the Years of thy Life shall
be increased.* Prov. ix ver. II.

Printed for the A U T H O R, and may be had at his House,
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Carriers, in Great Britain and Ireland.

E R R A T A.

- Page 4, line 11, instead of *Microsm*, read *Microcosm*.
293 in the Appendix, in the third line, instead of *Asurabacca* read *Asarabacca*.
296 in the Appendix, No. XXV, the first line, instead of Spirit *Minderens* read *Mindererus*.
300 in the Appendix, line fifteen, instead of *Soop*, read *Soap*.
303 No. LI, in the second line, instead of *Hypocondriac* read *Hypochondriac*. Any other literal error, the Reader will impute to the hurry of the Printer in composing the work.
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P R E F A C E.

THE numerous applications that have been made to the Bookfellers throughout the kingdom for the *LADIES FRIEND*, since the last impression was out of print, is my motive for reprinting it, wishing never to withhold so valuable a *Jewel* from the *Lovely Sex* as the following mode of restoring to themselves health without other assistance, or without divulging their delicate sentiments to any person living; or even mentioning the nature or cause of their disease. In order to illustrate and make this work more useful than any former impression, it has undergone a great number of useful alterations, and many additions have been made, particularly a few concerning the cause and cure of Melancholy in Men; this I thought myself justifiable in doing, as every new improvement adds value to the publication.

I have left out of this edition a few pages, which upon a further revival appeared to be too immodest for the *chaste* ear; instead of which, have added some useful observations upon the *Nerves*, and disorders in general arising from the *Womb*, which affect the Head and Stomach; together

gether with an Appendix, which will render it of more general utility to families than ever it was before, there being but few complaints incident to men, women, and children, but that there is a warrantable method pointed out to them, in this particular part of the work, to make use of, which, if persevered in, will prove salutary.

Having attended with unremitted labour and care to most, or all the diseases related in the following sheets, found the methods there proposed to succeed even beyond my expectation; nor am I singular in this opinion, but can mention it with truth, that I have laid the proof sheets before a very eminent Gentleman, an old Practitioner in Medicine, and a Member of the Royal College of Physicians in London, and other Gentlemen of the Faculty, and received their *learned Opinion and Approbation* of this publication; so that I have not hazarded one single prescription, without first having consulted and had the advice of my medical friends; which certainly must incite the practitioner to be more bold in persevering in the following doctrine.

It is the delicate texture of the *female* constitution, on the one hand, that renders them the most *amiable* object in the universe; so on the other, it subjects them to an infinite number of diseases to which man is an utter stranger, or which he is acquainted with only from report and observation. Being designed by the Omnipotent
Being

P R E F A C E.

Being for the vehicle through which the human species should be propagated, and the repository where every original vital particle should be kept and nourished for a certain time, while it increases from infinitely small to a very considerable magnitude, it was proper that their generative parts should be suited to these ends; which they could not be, according to reason, without subjecting the whole machine to its present inconveniences. The habit of body being capable of being relaxed and contracted on every occasion, must necessarily want that degree of heat and firmness which is the characteristic of man, and which enables him to digest and evacuate his nutriment in due time and proportion. Hence arises that *monthly plenitude* which calls for an extraordinary discharge, and for which nature has provided in the situation and form of certain vessels. As this periodical secretion in the female is unlike any thing known in the animal creation in *Europe*, it occasions various symptoms and cases that deserve the utmost and nicest regard of Physicians, as they resemble no other diseases that fall under their inspection. And if we add to this, the *dangers, difficulties*, and various symptoms attendant on *Child-bearing*; all which, as well as the former, are treated of at large in this edition, I make no question but the necessity and usefulness of compiling books on the general Diseases of *Women and Children*, will be acknowledged to be of the greatest im-

portance, not only by every one of the Fair Sex, but also by every one of ours, who considers their modesty, and is induced with sentiments truly *generous* and humane. I flatter myself, that this publication will not be only useful in private families, but also to the young Surgeons, Apothecaries, and Midwives, throughout the kingdom, particularly to the practitioners in country towns and villages.

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INTRODUCTION.

A PHYSICAL AND ASTRONOMICAL DESCRIPTION OF THE HUMAN SPECIES.

THE Omnipotent and Wise Creator, having made all things out of nothing, and from a crude and undigested lump or mass (according to his will, and by his word) brought all things into a decent frame and majestic structure: out of a confused nothing made the heavens and the earth, out of that which was dark and void he created light, he separated the waters from the earth, and gave bounds to the unruly waves; and indued the dry and barren earth with a prolifical virtue, richly adorning it with grass, herbs, and fruit-trees; he made the sun, moon, and stars, to divide the light from the darkness, to enlighten and rule both day and night, to be for signs to distinguish seasons, days and years; by his word he created every living thing that moveth. Having thus far proceeded in his so excellent and admirable workmanship of creation, he made MAN a summary of the world's fabric, a small draught of the Divine Nature: he was made after other creatures, not only as the most perfect, but as the superintendant and master of all things; created *Quod dominetur in pisces maris, et in volucres cæli, et in pecudes, et in universam terram, atque in omnia reptilia reptantia super terram.* "To rule over the fish in the sea, and over the fowls of the air, and over cattle, and over the earth, and over every creeping thing."

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In Man he ended his work ; on Man he stamped his seal and sign of his power, on him he has imprinted his own image and superscription, his arms and his portraiture. *Dixit Deus, Faciamus hominem ad imaginem nostram, secundum similitudinem nostram.* “ God said, Let us make Man in our image, after our likeness.” In the creation of Man, God seemeth to deliberate and take council with himself, how to epitomize and gather together all his works in so small a compass, to contract his book of creation into so small a volume. He is called the Microsm, or little world, the recapitulation of all things, the ligament of angels and beasts, heavenly and earthly, spiritual and corporal things, the perfection of the whole work, the honour and miracle of Nature. He created him naked, being a pure, neat, and delicate creature, made up of thin, subtile, well-tempered and seasoned humours, innocent, and far more beautiful than the rest.

He was created upright, but little touching the earth, quite opposite to the vegetable plant, whose root is therein fixed ; far different also from the beast, who is a mean between a plant and himself, and goeth downward ; his two extremes tending to the bounds of the horizon : this upright gait belonging only unto the human species, as the holiest and most divine creature, his head tending to the heavens, on which he looks, and there beholds himself as in a glass, according to that of *Ovid* :

*Os homini sublime dedit, cælumque videre
Jussit, et crectos ad sidera tollere vultus.*

Translated thus :

“ He gave Man lofty looks, and upright gait,
“ To view the heavens, and thereon contemplate.

His body being thus formed of pure, subtile earth, as a house and habitation for the soul, God breathed in him the breath of life, and he became a living creature ; so, in the ordinary generation and formation, which is made of the seed in the womb, nature observeth the self same order ; the body is first formed, as well

by

by the elementary force, which is in the seed and the heat of the matrix, as by the celestial influence of the sun; according to the adage; *Sol et homo generant hominem*: "The Sun and Man do engender Man;" which is done (according to the opinion of most) in such order that the first seven days, the seed of the man and the ova of the woman mingle and curdle like cream, which is the beginning of conception; the second seven days, the seed is changed into a formless bloody substance, and concocted into a thick and indigested mass of flesh, the proper matter of the child: the next seven days, from this lump is produced and fashioned a gross body, with the three most noble parts, viz. the liver, heart, and brain: the fourth seven days, or near thirty, the whole body is perfected, jointed, and organized, and is fit to entertain the soul, which invests itself into the body (according to the best authority) about the seven-and-thirtieth or fortieth day: at the third month, or thereabout, the infant hath motion and sense; and at the ninth month is brought forth. These times cannot be so exactly prefixed, but that by the strength or debility of the seed or matrix, it may be either hastened or prolonged. But I shall forbear any further discourse of it now, but give a more particular description hereafter.

The body of Man consists of a number of bones and cartilages, which are the basis and upholding pillars of the whole fabric; the joints are compacted with many ligaments, and are covered with innumerable membranes, the members are supplied with above thirty pair of sensitive nerves, as with little cords; and all filled with as many arteries, like unto water-pipes, conveying vital spirits to all parts; the empty places are filled up with almost four hundred muscles of different sorts, all covered with a skin. In Man are the temperaments of all creatures; some there are who have the stomach of an ostrich, others the heart of a lion, too many have the heart of a dog, not a few conditioned like a sow, and many by nature very like to an ass.

Man, for whom all things were made, is nourished by the balsamic spirits of vegetables, animals, and minerals,

nerals, and therefore doth consist of all these faculties, that spring up as a token of health or sickness.

The CELESTIAL PLANETS have great influence in this little world; the moistening power of the moon is represented by the marrow which flows from the brain; in the genital part is *Venus* seated; eloquence and comeliness is the effects of nimble witted *Mercury*; the *Sun* hath a near affinity to the heart; benevolent *Jupiter* hath his seat in the liver, the fountain of nutritive blood; the fiery fury of *Mars* is lodged in the gall; the spongy and hollow milt, the seat and receptacle of melancholic humours, is a perfect representation of the cold planet *Saturn*. Indeed, the spirits of the body do manifest and hold forth the quintessence of all things, the four humours in Man answer to the four elements, as the bile which is hot and dry representeth the fire; hot and moist blood, the air; phlegm cold and moist, the water; cold and dry melancholy, the earth. Man is an admirable creature, the universe, and epitome of the world; and the horizon of corporal and incorporeal things. I shall conclude this part with the saying of *Zoroastes*, "O man! the workmanship of most powerful nature, for it is the most artificial masterpiece of God's hands."

A DESCRIPTION OF THE HEAD.

THE head of a Man possesses the highest place in the body, and represents the uppermost and angelical region, it is the fort of man's mind, the seat of reason, the habitation of wisdom, the place of memory, judgment and cogitations: it containeth the brain, cold and spongy by nature, inclosed with two skins, the one more hard and thick, joining itself to the *dura mater*; the other more thin and easy, wherein lieth the brain inclosed, called *pia mater*, it is soft and tender to the brain, and nourisheth it, as a loving mother doth her young and tender babe; from the *pia mater* doth issue the *sinews* and *marrow* that descendeth and falleth down through the *vertebræ* of the back to the reins. Willes says, in the brain is the seat and throne of the rational soul, in which are a very great

great number of veins and arteries running through all the substance thereof, administering to the brain, both spirit and life, vital and nutrimental nourishment, which comes from the heart and liver by very minute, or small veins and arteries; and concocted and reconcocted, elaborated and made very subtile, passing through those woven and interlaced, turning and winding, in which labyrinth the vital spirit often passing and repassing, is perfected and refined, and becomes animal.

The *pia mater* divides the substance of the brain into three certain cells and divisions, the foremost part of which contains the most, the middle part less, and the hindmost part the least. In the foremost part of the brain *imagination* is seated; in the middle, *judgment*; in the hindmost part, *memory*: imagination is hot and dry in quality, quick and active, from whence it cometh that frantic men, and such as are sick of hot maladies, are excellent in that which belongs to imagination; many upon such a distemper have been excellent in poetry and divination, it never sleepeth, but is always working whether the man be sleeping or waking; and by the vapors that arise from the heart, from variety of cogitations, which wanting the regulation of judgment, *when man sleepeth* becomes a dream.

Hence it appears that subtilty, promptitude, and that which they commonly call *Wit*, belongeth to a hot imagination: it is active, stirring, undertaketh all, and sets all the rest to work, it gathers the kinds of figures of things, both present, by the use of the five senses, and absent by the common sense.

Judgment is seated in the midst of the brain, there to bear and rule over the other faculties; it is the seat of the rational soul, and the judge of mens actions: if you know the mean, whereby it knoweth and judgeth of things, learned authors have been of opinion, that the spirit knoweth by the help of the senses, and that the understanding without the senses is but as white paper. *Nil est in intellectu, quod non fuerit prius in sensu.* "There is nothing in the understanding which was not first in the sense."

This opinion is false, because the seeds of science and virtue are insinuated into our spirits, else is the
state

state of the reasonable soul worse than the vegetative or sensitive, which of themselves are able to exercise their functions. It were absurd to think that so noble and divine a faculty should beg assistance of so vile and corruptible a one as the senses, which apprehend only the simple accidents, not the natures nor essence of things: and were it so, it must follow that they who have their senses most perfect, should be most witty, whereas we many times see the contrary.

Yet let no one think, that the spirit hath no service from the senses, for in the beginning, a discovery and invention of things, the senses do much service to the spirit, but the spirit dependeth not upon the senses. Some are of opinion, that it is hot and moist in quality, others say, that a dry temperature is proper to the understanding, whereby it comes to pass that aged persons excel those in understanding that are young, because as years increase, moisture doth decrease in the brain; hence it followeth, that melancholic persons that are afflicted with want, and *fast* much, are *wise* and *ingenious*, for heaviness and fasting are great driers: *Splendor siccus, animus sapientissimus, vexatio dat intellectum*; "Heat and drought refineth the wit, affliction giveth understanding;" and that is the reason that great persons who feed high, and take little or no care, that have nothing to vex them, are for the most part not very wise.

Beasts that are of a dry temperature, as ants, bees, elephants, &c. are cunning and ingenious; on the contrary, they that are of a moist constitution, are stupid and without spirit, as are swine. Memory is seated in the hinder cell of the brain, as the grand accountant, or register; some say its temperature is cold and dry, and that is thought to be the reason why melancholic people have good memories; others are of opinion that it is moist, because children have better memories than old men, men are more apt for memory in the morning by reason of the moisture gained by sleep in the night; but let it be as it may, it is most certain that those who have a good memory are not in general very wise.

It is true, that many have been excellent in this faculty, *Seneca* repeated two thousand names as they were

were first spoken, he also hearing two hundred verses, rehearsed them, and began at the last. *Cyrus* and *Scipio* knew every soldier's name in their armies. *Mithridates* learned the languages of two-and-twenty nations. *Esdra*s, the priest, had the whole Jewish doctrine by heart. *Julius Cæsar* would dictate to four at the same time; and that which is more strange, *Pliny* would dictate to one, hear another, and read at that instant. As these were so excellent and accute in memory, others were as dull: *Atticus* could never learn the letters of the alphabet by heart; others could not count above four. It is said, that *Theodore Beza*, two years before he died, as he languished, his mind grew so feeble that he forgot things present, yet held those things which were printed in his mind beforetime, when his understanding and memory was good. What shall we say of *Messala Cornivus*, who forgot his own name? or *Franciscus Barbarus* of *Athens*, a very learned man in the Greek tongue, who having received a blow on his head with a stone, forgot his learning, which he had spent the greatest part of his lifetime upon, yet remembered all things else? These things are brought to pass either by the strength or debility of mens genitures, and from directions, and accidents thence proceeding. Wit and understanding, and all the faculties of the soul depend on a certain temperament; and hence it comes to pass that those who are acute and wise in some things, are stupid and dull in other some. I hope the Reader will pardon the digression, and I will return to my former subject, of the parts within the head.

OF THE PARTS WITHIN THE HEAD.

HAVING given a general description of the head, and of the intellective faculty of Man, I shall now proceed to describe the particular parts within the head.

The sensitive faculty has its residence in the *pia mater*, it is that which gives virtue to all the particular senses, and keeps a harmony among them, they are five in number, viz. seeing, hearing, smelling, tasting, feeling; although these are all united in one in the brain,

brain, yet operatively, they are distinguished in their several seats and places of residence.

The sight resides in the eyes, and particularly in the crystalline humour, they are two in number, and collateral, planted in the highest stage, or centinels, they are the luminaries of the *microcosm*; *Galen* says the brain and head were made for the eye that they might be in the highest, as a beholder in a tower; they are next in nature unto the soul; for in the eye is seen and known the disturbances and griefs, gladness and joys of the soul, as love, wrath, and other passions; they are compounded and made of seven tunics, or coats, and three humours, they proceed out of the substance, they take a panicle to defend it from annoyance. They meet and are united into one sinew, about half an inch in length before they enter the skull, and after divided into two, each goeth into one eye, they are called *nervi optici*, the optic nerves, and through these, are brought the *visible spirits* to the eye.

These are the most noble outward parts of the body, in beauty, utility, mobility, and activity. They are to the visage, that which the visage is to the body, they are the face of the face; and because they are tender, delicate, and precious, they are fenced on all sides, with skins, lids, brows, and hair. The object of the eye or sight is colour (according to the common opinion) which is an adherent quality in bodies, whereof there are six simples, as white, yellow, red, purple, green, and blue; the compounds are infinite; to speak more fully, the true object is light; which is never without colour, and without which the colours are invisible.

The sense of seeing excelleth all the rest in many things; it apprehendeth farther off, and extendeth itself even to the stars. It is certainly reported, that *Strabo* had such acute eyes, that from *Lilybæum*, he could discern ships, going forth of the *Carthaginian* haven, and could number them; the distance was one hundred and thirty-five miles. It hath more variety of objects, for to all things and generally in all, there is light and colour, the objects of the eyes, as I hinted before. It is most exquisite, for it is most exact, in the least and finest thing that presents itself. It is more prompt

prompt and sudden, for it apprehendeth even in a moment and without motion, when the other senses require motion and time. It enjoyeth a liberty incomparable to others; the eye seeth, or seeth not, and therefore hath lids to open or shut; it is active; all the rest purely passive. But that which is most noble in this sense is, that the privation of the object thereof, which is darknes, brings fear, and that naturally, because then a man findeth himself robbed of so excellent a guide; the sight in the light, is instead of company, wherein man much delighteth.

It would fill a large volume to describe the eye in every particular, but that which I have already given is sufficient, it being not my intent to give a thorough description of anatomy. *Hearing* is the next sense to be considered, whose residence is in the ears, it is in quality cold and dry, under the dominion of Saturn. They are placed on the outside of the head, in the self same height as the eyes are, as the scouts of the body, porters of the spirit, the receivers and judgers of the sounds, which always ascend. They have their entrance oblique and crooked, that so the sound may not enter all at once, whereby the sense of hearing might be hindred, and not so well able to judge; and again that the sounds being fugitive, might there lurk, and abide under his shadow, till the instruments of hearing have gotten possession thereof. The sinews, that are the organs of hearing, spring each from the brain, and when they come to the hole of the ear, they are wreathed together, the end is like a worm, or little teat, into which is received the sound, and from thence carried to the common wits to distinguish. The object of the ear, or hearing, is a sound, or noise proceeding from the encounter of two bodies; a pleasant and melodious sound sweeteneth and appeaseth the spirit, consequently the body too, and drives maladies from them both, the sharp and penetrant, doth trouble and wound the spirit. This sense hath many singularities; for the service of the body, the sight is most necessary, but for the spirit, hearing hath the superiority; it is spiritual, the agent of understanding; many that have been blind, have been great and wise philosophers, but never any that were deaf. In brief, science,

science, truth, and virtue, hath no other entrance into the soul, but by the ear. Christianity teaches that faith cometh by hearing, which the sight doth rather hurt than help. Faith is the belief of those things which are not seen, which belief is acquired by hearing. For all these reasons, and many more that might be inserted, the wisest have so much commended hearing, the pure guardian from all corruption, the health of the inward man.

Smelling is seated in the nose, governed by *Mars*, and is hot and dry in quality, and therefore martial creatures, or such as are hot and dry of constitution, excel in this faculty, as dogs, &c. From the brain cometh two sinews to the holes of the brain pan, where beginneth the concavity of the nose, and these two are the proper organs, or instruments of smelling, they have heads like paps, into which is received the virtue of smelling, and presenting it to the common sense. Over these two organs is placed *colatorium*, or the nostrils, which concavity or ditch was made for two causes: *first*, That the air, that bringeth the spirit of smelling, might rest therein till it were received by its proper organs. *Secondly*, that the excrement of the brain might be hidden under it, till it be fit to be ejected. From this concavity goeth two holes into the mouth, of which we may take notice of three conveniences: *first*, that when a man's mouth is closed, either by eating or sleeping, that then air might come through them to the lungs, or be forced to hold his mouth open always. *Secondly*, they are helpful to a man's speech, for when one or both of those passages are stopped, a man speaketh in the nose, as we commonly say. *Thirdly*, They are useful in the cleansing of the concavities of the nose, either by snuffing, or drawing it through the mouth. The object of smell is an odour, or scent, which is a fume rising from an odoriferous object, ascending to the nose, to the ventricles of the brain; the strong and violent hurteth the brain, the temperate and good doth rejoice, delight, and comfort. This sense is oftentimes very useful in discovering meats or drinks of an evil odour, which otherwise would much prejudice the stomach, and work evil effects in the body of man.

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Much more might be said, touching the shape and form, matter and composition of the nose, but my design is to distinguish the parts in a general way.

The taste is hot and moist, and under the influence of *Jupiter*, this sense hath its residence in the palate of the mouth and tongue. Its office is to choose what food is congruous to the stomach, and what not. The skin of the palate of the mouth is the same with the inward part of the stomach, and the same with the way of the meat into the stomach; and hence it cometh to pass that when a man is touched upon the palate of the mouth, it tickleth the stomach; and so much the nearer to the throat, so much more the stomach abhorreth. The object of tasting is a favour or smack, whereof there are six simple kinds, as sweet, sour, sharp, tart, salt, bitter; the compounds are many. And being led to the mouth, it is not amiss if I speak a few words to the composition thereof. In the mouth are five parts to be considered, the lips, the teeth, the tongue, the uvula, the palate of the mouth, of the which I have already spoken: a word or two of the rest. The lips are made of a musculous flesh, their office is, *first*, as the door to the house, to keep the mouth close till the meat be chewed; *secondly*, they help to pronounce the speech. The teeth, the hardest members, fastened into the mandible; their office is first to grind the meat before it goeth into the stomach, that so it may the better digest: *secondly*, that it might help to the speech, for they that want any of their teeth are defective therein. The number is uncertain, some have more, some have less, they who have their full number have thirty-and-two. The tongue is a carnos member, compound, and made of many nerves, ligaments, veins, and arteries, ordained principally for three purposes: *first*, that when a man eateth, the tongue might turn the meat in the mouth till it be chewed: *secondly*, by the tongue, and the palate of the mouth near the root of the tongue, is received the taste of sweet or sour, and thence presented to common senses to pass judgment thereof. *Thirdly*, and principally, the tongue is ordained for the pronounciation of speech, of which faculty I must crave leave to insist on, and that as briefly as may be. Speech is an excellent present, and very necessary, given only

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unto man, *animi index & speculum*; it is the interpreter and image of the soul; the heart's messenger: the gate, through which doth pass all that lieth within the dark and hidden corners of man, by this the spirit becomes visible. Of all the external and visible parts of the body, that which cometh nearest to the heart is the root thereof, and that which cometh nearest the thoughts is speech, "Out of the abundance of the heart the mouth speaketh." It is a powerful master, an imperious commander, it stirreth up, animateth, exasperateth, appeaseth, maketh sad, merry; it imprinteth whatever passion it handleth; feedeth the soul of the hearer; it maketh him blush, wax pale, laugh, cry, tremble, mad with choler, leap for joy, what not? It is the great huckster and intermeddler, by it we traffic, peace is handled, affairs are managed, it is the band of human society; hearing and speech answer, and are accommodated the one to the other, by these two the souls are poured the one into the other; so that if these two gates be shut, (as it is in those that are deaf and dumb) the spirit remaineth solitary and miserable. Hearing is the gate to enter, by it the spirit receiveth all things from without. Speech is the gate to go out, through it the spirit sendeth forth that which was within. From the communication of these two, as from the stroke of two flints, there cometh forth the fire of truth; and so by the polishing and rubbing of these two, knowledge cometh to perfection; but hearing is the first and principal, for there can nothing come forth, which did not first enter; and therefore he that is deaf altogether by nature is also dumb.

I might enlarge a great deal more in the description of the head, but my purpose being to declare nothing, but what may be pertinent in the manifestation of the human faculties and virtues, I shall conclude this chapter with a word or two of the sense of feeling, which is of no particular quality, but of all, hot, cold, dry, and moist, it is deputed to no particular organ, but is spread abroad over the whole body; it is the index of all tangible things, its object then must be heat or cold, drouth or moisture; things pleasant and polite, sharp and smarting, motion, rest, tickling. It is well known that man, and other creatures live with-

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out some particular sense; it is the opinion of most, that a man cannot live without this sense of Feeling, being only necessary unto life; yet *Augustine* proveth the contrary, in the fourteenth book *De Civitate Dei*, by example of a Presbyter, that lay as though he were dead, and did not feel those that pulled him, nor would he stir though they burned him with fire; yet confessed that he could then hear men speak, (if they spoke aloud) as though they were far from him, by which it appears, that this he did, not by resisting, but for want of the sense of feeling, which afterwards was restored to him again. I shall pass by what the English history relates of one *Elizabeth Barton*, a maid of *Canterbury*, who oftentimes was deprived of her senses, by reason of a disease she had.

I shall also wave disputes concerning the number of the senses, some supposing there are no more in nature than are apparent in us. There may very well be more, yet greatly to be doubted that there are, it is impossible for us to know them, to affirm them, or to deny them, because a man shall never know the want of that sense which he never had, one sense cannot discover another; and if a man want one by nature, yet he knows not which way to affirm it. A man that is born blind, and hath not heard what sight is, cannot conceive that he seeth not, nor desire to see. So Man, being not able to imagine more than the five that he hath, cannot know how to judge, whether there be more in nature: who knoweth whether the difficulties that we find in many of the works of nature, and the effects of many creatures which we cannot understand, do proceed from the want of some sense that we have not? There are hidden properties which we see in many things, and a man may say that there are sensible faculties in nature, proper to judge and apprehend them, yet must conclude we have them not; who knoweth whether it be some particular sense, that discovereth the hour of midnight to the cock and moves him to crow, or how beasts are taught to choose certain herbs for their cure, and many such like wonders? None can affirm or deny, saying, This it is, or, That it is.

OF THE STOMACH AND ITS FACULTIES.

THE stomach is a member compound and spermatic, finewy and sensible, wherein is made the first perfect digestion of *chyle*; it is a necessary member to the body, for if it fail in its operations, the whole fabric is corrupted. It is in the little world, the same as the terrestrial globe is in the great world; in it is expressed the sublunary part of the world; in it are contained the parts that serve for nutrition, concoction, and procreation. And this leads me to discourse of the administering virtues in man, which are here seated, and to wind up all with a touch of the office of the *microcosmical* stars, with as much brevity as may be. The stomach is framed of two pannicles, the outer is *carnous*, the inner *nervous*, from which is stretched to the mouth *oesophagus*, or the way of the meat, by which the stomach draweth to itself meat and drink as with hands. By the virtue of the subtil will which is in this *musculus longitudinal*, is made the attractive virtue, which is hot and dry, by a quality active, or principal, which appears by the sun, the fountain of all heat, which is of an attractive quality, which is evident by his attracting and exhaling the humidity from this inferior globe, into the airy region, as into the neck or higher part of an *Alembick*; and being resolved into water, (by reason of their weight) fall down again upon the earth, which is the vessel receiving: so through continued distillations, by sublimation of the water, by cohobation, by drawing off the liquor, (being often poured on) and fortified by the influence of the celestial, and central sun, the body becomes endued with a concoctive, nutritive, and procreative virtue. So in the stomach, by the active quality of the *microcosmical* sun, his benevolent rays and friendly heat, meat and drink is desired, and attracted into the stomach for the nourishment of the whole body.

We can do no less than give *Mars* a share in the dominion of the attractive faculty, being hot and dry by nature, this is reason. Experience telleth us, that martial men, or men of a choleric constitution, are
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none of the worst trencher-men, and at the pot incomparable.

In the stomach is a *transverse muscle*, to with-hold or make retention; by this retentive virtue, those things that are brought into the stomach, are kept and with-holden until nature hath wrought her end, and every faculty hath executed his office. It is in quality cold and dry; cold, because the nature of cold is to compress or hold together, as you may see in ice; dry, because it is the nature of dryness to keep and hold what is compressed. It is under the influence of *Saturn*, and that is the reason why, for the most part, men that are cold and dry of temperature, or, as astrologers say, *Saturnine* people, are covetous and tenacious, and that is the reason that old men are naturally covetous, because *Saturn* ruleth old age, and by the decay of nature, the temperature becomes cold and dry.

It hath the spleen, the representative of *Saturn*, lying toward the left side, and furnisheth the stomach with humours necessary to fortify the retentive virtue.

The digestive faculty, which is the chief and most principal, (the others like hand-maids attending it) is hot and moist, Nature's cook and principal workman, the *Archæus* and central fire, which, in this philosophical vessel, *viz.* the stomach, digesteth the victuals into a chaos, or confused mass, that so a natural separation may be made. It is under the influence of *Jupiter*, who furnisheth it with friendly heat and moisture, by the liver, (the *microcosmical Jupiter*) chafing and beating the right side of the stomach.

The stomach hath also a latitudinal muscle, or will, which makes the expulsive faculty; it is naturally cold and moist; cold, to compress the superfluity; moist, to make the matter slippery and fit for ejection, also to work a suitable disposition in the body. It is a necessary operation, by it, after the separation of the pure from the impure, the elements from the *caput mortuum*, or rather *feces*, is removed and carried away all that's needless or prejudicial to nature. It is under the dominion of the moon (with whom you may join *Venus*, being of the same nature) whose *epitome*, or *microcosmical substitute*, *viz.* the brain, sendeth a branch of nerves to

the stomach, and thereby furnisheth it with humours, cold and moist, fit for expulsion.

I shall now give you a short description of the heart, liver, spleen, and kidneys, &c.

OF THE HEART.

THE Heart hath two ventricles or concavities, and the left is higher than the right; the cause of its hollownes, is to keep the blood for his nourishing, and the air to abate and temper the great heat which is included, and shut up in the concavities.

As he is *sol corporis*, and center of the rest of the members, and ruler of the family, he communicates to them life and motion, yet by his heat he attracts what is needful for himself from the other members as a subsidy or tax imposed upon his subjects. And therefore to the right ventricle of the heart, cometh a vein from the great vein, which receiveth all the substance of the blood from the liver; this vein passeth to the right ventricle of the heart, and bringeth a great portion of the thickest and purest blood to nourish the heart. The residue that is left of this is made more subtil through the virtue and heat of the heart, and then sent into a concavity, or pit, in the midst of the Heart, between the two ventricles; therein it is made hot and pure, and from thence it passeth to the left ventricle, and there is engendered in it a spirit that is clearer, brighter, and subtiler then any corporeal or bodily thing which is engendered of the four elements, for it is a mean between the body and the soul; wherefore, of the philosophers, it is likened more to heavenly than earthly things.

And here I shall take leave to digress, and tell you of some things wonderful touching the heart, if we credit *Avicenna*. Some have wanted a heart, and to this purpose I could recite other mens opinions; but I shall not trouble the Reader's head with such things, which seem to myself impossible. *Valerius Maximus* speaketh of one *Aristomanes Wessenius*, (who killed three hundred *Lacedemonians*) who had a hairy heart. *Beneventus* reports the same of a certain thief. *Columbus*

Jambus observed a young man that wanted the *Pericardium*, (which is a thin skin, involving the heart as in a purse) and he was much troubled with swooning fits. It hath been the opinion, that a man cannot live a moment scarcely, who hath received a wound in the heart; and good reason too, seeing the life depends upon the safety of the spirits, the heart being the shop and making thereof; when the heart is wounded, it is necessary that the generation of the spirits cease; yet *Nicol. Malerius* relates a history of one *Andreas Hasenwanger*, who was one of the life-guard of Count *William of Nassau*, Governor of *Frisia*, &c. who received a wound in the breast by his fellow soldier, *anno* 1607, on the twenty-second of *August*, in the evening; he died the eight of *September* following, one hour after sun-rising, his body being opened to search for the wound given by the aforementioned *Nicol. Malerius*, and two other chirurgions, in the presence of several soldiers of note, they found that the wound had entered the right cavity of the heart, and that part of the heart was almost consumed; the left part remaining entire, which is the chief habitation of the vital spirits; by this means he lived sixteen days, which had been impossible, if the left ventricle had been wounded.

But to proceed; from the left ventricle of the heart springeth two arteries, the one having but one coat, and therefore is called *arteria venalis*, which carrieth blood from the heart to the lungs, which blood is vaporous and fit for its nourishment, and carrieth back air from the lungs to refresh the heart.

See here the harmony and friendly agreement between the *microcosmical* Sun and *Mercury*; the first affordeth of his own nutriment to nourish the other, whilst the latter rewards him with air for his refreshment.

The other artery hath two coats, it is called, *vena arterialis*, or the great artery, of which springeth all the other arteries, that spread to every member of the body, which carry the spirits, which are the treasures of the soul's virtue; thus it passeth till it come to the brain, and be made an animal spirit, as you have heard before in the third chapter; at the liver it is made nutrimental, and at the testicles generative. Thus by the heart is made a spirit of every kind, and like

(like the sun in the heavens) by his royal presence, he doth confer life and liberty to his suppliants.

I might here tell you why these arteries have two coats, namely, because one is not sufficient to withhold the vital spirits carried in them, their motion being so violent. Again, the thing carried about being so precious a treasure, it had need of the better keeping. This artery is called the pulsative vein. I might here frame a large discourse of the pellicles of the heart, which open and shut to receive the blood; also the two little ears by whom cometh in and passeth out the air. I might say much of the pannicles, which, as some think, have their original from *dura mater*; as namely, *pericardium*, called of some, *capsula cordis*, which springeth of the upper pannicle of the midriff and covereth the heart; of the which springeth another, called, *Mediæstinum*, which parteth the breast in the midst, and keepeth that the lungs fall not over the heart, (such a rule hath the architect spirit given to each part, as stars to move in their several orbs). There is another pannicle that covereth the ribs, of whom the midriff taketh its beginning. But this is beyond my intended scope.

OF THE LUNGS, LIVER, &c.

THE Lungs is made of a substance very soft and spongiuous; supple, to draw and to inforce from, like a pair of bellows; it is an instrument of respiration, whereby the heart is refreshed, drawing unto it the blood, the spirits and the air, and disburthening itself of those fumes and excrements which oppress it. It is naturally cold and dry, accidentally cold and moist; naturally cold and dry waving about the heart, abating his heat by its refreshing blast; it is accidentally moist, by reason of *catarrhs* and *rheums*, which it receiveth from the brain.

There are three principal parts in the lungs considerable, one is a vein coming from the liver, which bringeth with it the crude and undigested part of the chyle to feed the lungs. Another is *Arteria Venalis*, coming from the heart, bringing the spirit of life to
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nourish the lungs. The third is *trachia arteria*, that bringeth air to the lungs, and it passeth through all the left part of them to do its office.

The lungs is divided into the five portions or pellicles, three on the right side, and two on the left side; if in case any impediment or hurt should happen in any one part, the other should be ready to supply the office.

But I forbear any further description of the lungs, and come to the liver, which is a principal member in the little world, representing the planet *Jupiter*, *quasi juvenis pater*, hot and moist, inclining towards the right side, under the short ribs. The form of the liver is gibbous or buncby on the backside; on the other side hollow like the inside of an hand, that it might be pliable to the stomach, (as a man's hand is to an apple or any thing that is round) to further its digestion; for his heat is to the stomach as the heat of a fire is to the pot which hangeth over it. It is the store-house of the blood, the fountain of the veins, the seat of the natural nourishing faculty, or vegetative soul, engendered of the blood of that chyle which it draweth from the meseraique veins, and receiveth by the *vena porta* which entereth into the concavities thereof, and afterwards is sent and distributed through the whole body by the help of *vena cava*, which ariseth from the bunch or branches thereof, which are in great numbers as the rivers from the ocean.

The natural and nutrimental faculty hath its residence in the liver, and is dispersed through the whole body with the veins, from which are bred four particular humours, viz. blood, choler, phlegm, and melancholy.

It is so excellent and necessary a member, that I dare not give credit to their opinions, who say it may be wanting in a man, as some say it was in one *Matbias Ortelius* a merchant in *Antwerp*.

Blood is made of meat perfectly concocted, in quality hot and moist, *Jupiter's* darling, the most perfect and necessary humour, (the other three being superfluities, yet necessary too). The blood thus concocted is drawn out by the *vena cava*, whose branches ramifying upwards and downwards, carrieth and conveyeth it to all
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the other members of the body for their nourishment, where, by a third digestion, it is transmuted into the flesh.

Choler is made of meat more then perfectly concocted, it is the spume or froth of blood; it clarifieth all the humours, heats the body, nourisheth the apprehension. It is in quality hot and dry, it fortifieth the attractive faculty, as blood doth the digestive; it moveth man to activity and valour, it is under the planet *Mars*, whose residence is in the gall, which is an official member, a purse or panicular vesicle placed in the hollowness of the liver, whose office is to receive the cholerie superfluities, which are engendered in the Liver as aforesaid. Which purse or bag hath three holes, or necks, by the first it draweth to itself the choler from the liver, that so the blood be not hurt by the choler. By the second it sendeth choler to the bottom of the stomach, to fortify the attractive faculty. And lastly, it sendeth choler regularly to every gut, from one gut to another, to cleanse them from superfluities and dross.

Phlegm is made of meat not perfectly digested, it fortifieth the virtue expulsive, and maketh the body fit for ejection; it is kind to, and fortifieth the brain by its consimilitude with it, it is antipathetical to the apprehension, and doth much injure it, therefore phlegmatic persons have but weak apprehensions; it is cold and moist in quality, its receptacle is in the lungs, it is governed by the moon and *Venus*; therefore it qualifies the choler, cools and moisteneth the heart (as you heard before in the description of the lungs) thereby sustaining it and the whole body from the fiery effects which continual motion would produce.

Melancholy is the sediment of blood, it is cold and dry in quality; it maketh men sober, solid, and staid, fit for study, or any serious employment; it curbs the unbridled toys and fooleries incident to the sanguine complexion; it stayeth wandring and idle thoughts, and reduceth them home to the centre; it is like a grave counsellor to the whole body. It is governed by the planet *Saturn*, it strengtheneth the retentive faculty,
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and its receptacle is in the spleen; which in the body is placed on the left side, transversely linked to the stomach.

Hollerius reports, that a woman at *Paris* was found without a spleen; and *Pliny* in his natural history saith, that in *Cæwus* men are born without it; and hence the common people thought that it might be safely cut out of footmen and horses. And as it hath been wanting in some, so it hath abounded in others; *Fallopious* observed three that lay one upon another; one was seen so great, that it weighed above twenty pounds. *Colum. Anatom.*

Another had a milt weighed twenty-three pounds. Where it increaseth the body decreaseth, because it sucks away too much chylus from the liver; therefore, fitly did *Trajan* compare the spleen to the treasury, for that groweth rich, the common people grow poor; so, as the spleen increaseth the other parts decay.

OF THE REINS AND KIDNEYS.

THE Reins and Kidneys which are placed within the region of the nutrites backwards, and they are ordained to cleanse the blood from the watery superfluities; they have two passages, by the one is drawn the water from *varakelis* by two veins, which are called *venæ emulgentes*, the emulgent veins, and by the other is sent the same water to the bladder, and this is called *poros urithedes*.

The kidneys are made of a hard substance, and full of hard concavities, and therefore the sores of them are hard to cure; they are harder in substance than any other fleshy member, and that for two causes; the first is, that they be not much hurt by the sharpness of the urine; the other is, that the urine that passeth from them might be the better cleansed. The heart sendeth an artery to convey to them blood, heat, spirit, and life. And from the liver there cometh a vein, which bringeth nutrimental blood. Their fatness is as of other members, made of thin blood, congealed by cold; there is the greater quantity in this place, because it should temper
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the heat of the kidneys, which they have from the biting sharpness of the urine.

The next thing is the bladder, which is compounded of two nervous pannicles, in complexion it is cold and dry, whose neck is carnous, and hath two muscles to with-hold and to let go; in man it is long, and is contained with the yard passing through the *Peritoncum*; but in women it is shorter, and is contained with the *vulva*, the place of the bladder is between the share bone and *longaon*. In women it is between the afore-said bone and the matrix. In the bladder are implanted the uterers, which bring the urine, or water, from the kidneys thither, and entereth into the holes and pannicles thereof, which is done by a natural motion between tunicle and tunicle, till the urine findeth the hole of the nether tunicle, where it entereth privily into the concavity. And the more the bladder is filled with urine, the straiter are the pannicles compressed together; the holes are not set one against the other, so that if the bladder be never so full, none can go back again.

This is the *microcosmical* ocean, into which all the rivers of the body discharge themselves. There must needs be more than a watery substance in it, for many times, in diseases, it is plentifully made, though the patient drinketh little or nothing. And it is observed, that creatures that drink nothing will make water. Physicians oftentimes foretel many things by their colour, thinness, and thickness. Salt you know is hid in meats, and that plants have very much salt in them, you may find by distilling them; and it is very well known, that, by the chymical art, many kinds of salt may be fetched out of urines. The artificial *crysocolla* is made of urine. *Nitre* is made of earth moistened with the urine and dung of living creatures. The urine hath a sympathetical relation to the constitution of the body. The *Arabians* say, among the rest *Abenzoar*, that a man that is bit with a mad dog, in his urine the picture of dogs may be seen; but this is attributed to the force of the venom, which changeth a mans constitution, and maketh it like to a dog's. *Senertus* himself saith, that it doth so much corrupt the humours, that
little

little creatures like puppies are bred in the body. If we credit the writings of wise, honest, and learned men (which not to do were uncharitable), we shall find, that worms and many kinds of living creatures have been bred in the bladder. We read of a woman that voided one that way a span long, and a maid many as big as woodlice. One voided one like a magpye. Another who had the stone in the bladder, voided two with horns, sharp head, back and belly crusty, black, and like a tortoise, only their bellies were red. Another voided a living scorpion, and another a shell-fish. The passage of the urine from the bladder, all know; yet sometimes men are known to make their urine another way. The Son of one *Boninus*, urined a little beneath the glans. A maid at the *Hague*, of a noble family, made water at her naval. One, by an ulcer on his buttock, and another by the belly. For my own part, I have known two young men, who urined between the testicles and the fundament: read *Fernelius*, l. 6. c. 13. who affirms the same thing. I need not tell you, that stones are bred in the urine, of a fæculent matter, mingled with salt and stony juice, sometimes small, and sometimes great, of several shapes and forms; sometimes like the sea-sand, sometimes like pebbles, sometimes like salt, and sometimes they are found ragged and branching, lively and excellently resembling the stock and branches of coral: few or none are ignorant of this. Thus have I described this *microcosmical* ocean.

OF THE GENERATIVE PARTS.

THE instruments of generation are of two sorts, male and female; their use is the procreation of mankind, the operation is by action and passion, the agent is the seed, the patient the blood. Although this cometh to be spoken of in the last place, yet it might have deservedly been put in the first; for nature regards not only the conservation of itself, but to beget its like, and conceive its species. *Venus* hath the principal government of the members of generation, in which mem-

bers there are many parts considerable, but I shall only epitomize them.

First; Of the genitals of men:—The first thing to be considered is, that which Anatomists call *vasa preparentia*, or peparing vessels, which bring blood and vital spirits to the testicles; they are four in number, and before they come to the testicles, they make a curious implication, intertexture, or twisting, the one with the other; the arteries into the veins, and the veins into the arteries, which Physicians call *corpus varicosum*; some call it *pampiniformis*: this interweaving reacheth down even into the substance of them; their use is to mix the blood and vital spirit together, that so they may have a fit matter to work on.

The stones are of a white, soft, and spongy substance, full of small veins and arteries; or else, when humours flow to them, they could not swell to such a bigness: their form is oval; of their bigness few are ignorant. Each testicle hath a muscle, which the learned call *cremaster*, which serveth to pull them up in the act of generation, as its name in the *Greek* signifieth, that so the vessels being slackened, may better avoid the seed.

The seed being thoroughly concocted by the testicles, there are two other small pipes called *vasa deferentia*; they are also called *πoγes σπερμαλινες*, spermatic pores; their office is to carry the seed to the seminary vessels, who are to keep it till need requireth its expulsion. From the stones they arise very near to the preparing vessels into the cavity of the belly; then turning back again, they turn to the backside of the bladder, between it and the right gut, there they are joined to the seminal vessels, which are soft and spongy, somewhat like kernels, through which passeth the *urethra*, or common passage in the yard, both for seed and urine.

Histories make mention, and experience evidenceth, that some are born without testicles, some with one, *Philip, Landgrave of Hassia* had three; he was so full of seed and prone to venerous actions, that his wife could not suffer him so often as necessity urged him to it, he otherwise being chaste and honest; he relating his
mind

mind to the priests, with the consent of his wife, took a concubine.

It would be too tedious if I should take upon me to describe the yard, and all the parts thereof, it would make my book swell too big, and I should run beyond my first intention, *viz.* only to give a brief touch of the most considerable parts.

I now come to the generative parts of women, and shall be silent in what is visible, and declare only the internal parts for brevity's sake; and first of the *clitoris*, which is a finewy and hard body, much like the yard of a man, and suffers erection and falling, causeth lust in women, and giveth delight in copulation: *Avicenna* calleth it the wand, or *albatbara*; and *Albucasis* calleth it *tentigo*; and *Fallopis* saith, that this hath sometimes grown so big, that women would copulate with others like men. This observe, that the passage of the urine is not through the neck of the womb; near the passage of the urine are four caruncles or fleshy knobs, they are called *myrtiformes*, because they resemble myrtle-berries; the uppermost of them is largest and forked, to receive the neck of the passage of the urine; the other lie below this on the sides, and are to keep back the air or any hurtful thing from the womb. In virgins these knobs are joined together by a thin skin, interlarded with small veins, with a hole in the middle about the bigness of ones little finger, through which passeth the menstruous blood: this skin is a note of virginity, for the first act of copulation breaketh it. I believe that this was that note of virginity which God gave to the *Hebrews*: these knobs joined together do much resemble a rose not quite blown, therefore called a flower, thence came the word to deflower a virgin. If I should take upon me to declare the opinions of authors, it would prove (almost) an endless task; This I shall add, that I conceive it not a certain note of virginity, because it may be broken without the act of copulation; as namely, by applying pessaries to provoke the menstrues, or by a defluxion of sharp humours, &c. but 'tis probable that the Jewish virgins were more careful of it, their reputations depending thereon.

The womb in figure is almost perfectly round, in virgins about the bigness of a walnut, yet when a wo-

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man is conceived with child, it dilates itself to such a capacity, that it is able to contain the child; the mouth of it no bigger than to receive the glans of the yard, yet at the delivery makes room for the child to come out be it ever so big: this made *Galen* admire, and it may be a great admiration to all, if we consider the wonderful works of God in the creation of man: he who knows himself may know there is an all-powerful God! and therefore it was engraven with letters of gold over the porch of the Temple of *Apollo*, the god (according to the *Panims*) of knowledge and wisdom, this sentence—*Know Thyself*, as a salutation unto all; signifying, that he that would have access unto that divinity, and entrance into that temple, must first know himself.

But I return to my intended discourse,—The womb before conception is small, because the seed being but little in quantity, might be close embraced and cherished; it hath but one cavity, though it is the common approved opinion, that it hath seven cells, and of this opinion was *Galen*; the truth is, the matrix in women differs much from beasts, and *Galen* never saw a woman anatomized.

Women have testicles or stones as men have, but they differ from men's in these particulars; they are within the belly in women, in men without; they are not so smooth in women as in men; they are less than the stones of men; they are not staid by muscles, but by ligaments; as men's are oval they are flattish; they have but one skin, men's have four, because they are without the body, and exposed to the cold; they are more soft and colder than men's are.

But they are ordained both in men and women for the same use, *viz.* to concoct seed; and though *Aristotle* denied seed in women, yet *Hippocrates*, one of the ancients of physic, was of this judgment, reason and experience confirmeth it.

The *vasa preparentia*, the preparing vessels, and *vasa deferentia*, carrying vessels, are of the same nature and office as they are in men; they differ only in this, that they are somewhat shorter, having a shorter way to go, the testicles being within the belly in women: but least the shortness of the passage should hinder their operation, God and nature hath so provided, that they
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are more twisted and interweaved than they are in men, that they may the better mingle the blood and vital spirit, as you have heard before.

THE CONCLUSION.

THUS have I given you a short description of man, the masterpiece of God's workmanship; I have only given you an epitome or breviary of him, who is a small draught of all things in the universe; should any attempt a particular description of the body and faculties of man, he would fall short in his expectation, it being an *Herculean* task for the most acute genius: this I will add, not to say that the world would not contain the books that might be written of him, the life of man would be too short to perfect it. Not to recapitulate what I have formerly delivered:—In man, as in a perspective glass, may our mother-earth with her innumerable offspring be discovered; in him may the unruly and restless waves of the ocean be delineated: nor doth he only epitomize the elemental world, but also the celestial; in him are discovered the prudent, majestic, sumptuous, magnificent, honourable, affable, and humane *solar quality*: the unsteady, timorous, soon-daunted, oft-changing, and shifting temper among men, answer to the various motions of the low and oft-changing *Luna*. Others in profundity of imagination, reservedness of words, austerity of actions, &c. are a fit portrait of the melancholy planet *Saturn*. There are yet a few in the world who are faithful lovers of fair dealing, beneficent to all men, doing glorious, honourable, and religious actions, just, wise, prudent, virtuous, &c. of the temper of benevolent *Jupiter*. There are (in our apprehensions) too many of the martial temper, who are valiant, lovers of wars, frays and commotions, subject to no reason, bold, confident; willingly obeying nobody, &c. Nor is *Venus* excluded those people's affections, who love mirth in words and actions, musical, delighting in venery, drinking, and merry-meetings, who trouble not themselves with state affairs, nor are inquisitive after armies or navies, unless they bring good news from the *Canaries*. Nor is *Mercury*

without his party among us, who are subtle and politic; excellent disputants and logicians, sharp witted, and able to learn any thing, men of unwearied fancies, and fit for any employment, yet unconstant. The planetary influence in the good or ill disposition of the air, is lively represented in man. A healthy sanguine constitution, or a delicate compofure of heat and moisture, answer to a serene and temperate air, with seasonable moistening dews and showers, which are the sweet influence of the *Sun*, *Jupiter* and *Venus*. The feverish, hot and parching distempers of the body, answer to the hot and scorching weather occasioned by the fiery beams of *Mars*. Nor is the cold, chilly, melancholy, weeping and lamenting disposition of many people, less represented by the melancholy, dark, cold, and wet weather, proceeding from *Saturn's* influx: I could much dilate, but I forbear. The intellectual world hath also in man its portraiture; witness the soaring contemplations of the soul of man, which cannot (like the body) be confined to any place, but in a moment furrounds this terrestrial globe, nor there content, but as soon mounts itself to the heavens, and searcheth their secret corners; nor there satisfied till he comes to the highest, for by his contemplations (having his original from the uncreated light), he reflects thither, *viz.* to the Divine Majesty. To conclude, God hath made all things in man, he hath made all things for man, for man's sake he made himself man, to redeem man to himself:—To whom be all honour, glory, and praise, for ever.

THE
LADIES FRIEND;
OR, THE
WIVES, WIDOWS, AND MAIDS
PRIVATE
PHYSICAL TUTOR.

SECTION I.

OF WEAKNESSES CONTRACTED BEFORE MARRIAGE, WITH PROPER ADVICE IN EVERY RESPECT WHATEVER.

THERE are many disorders peculiar to the fair sex, the nature, cause, and cure of which, are not often sufficiently known even to women themselves. To treat of them in as brief and comprehensive a manner as possible, is the principal design of the following sheets. But I shall not so confine myself to indispositions purely feminine, as not to touch upon several kinds of disorders, both *natural* and *contracted*, which are incident to the whole human species, men as well as women: because some of these are of such a nature, that for several reasons, chiefly through shame, the fair sex are more likely to conceal them, and therefore may suffer worse consequences from them than men.

To tell, in few words, what I mean by this distinction between such diseases as are *natural*, and those which are *contracted*, I will only say in general, that by the former I understand all those infirmities to which the fair sex are liable, more or less, as women, without any fault of their own; and by the latter, such disorders only as the patient, by a criminal indulgence to her passions, has herself been instrumental in causing. For that

that many of the fair, especially in their younger years, have suffered much from a *secret vice*, by which they have endeavoured to procure themselves those pleasurable sensations, which God has ordered to be the effects of a mutual commerce between the sexes, is a matter too notorious to be any longer doubted of, that is to say, that abominable vice *Onanism*, or *secret venerie*. And certainly none of them can take it amiss, if, for their advantage in general, I venture so far to expose this practice, in order to remove the evil consequences of it; and to prevent as much as possible, the continuance of it for the future. More than this I shall carefully avoid: and indeed, in every part of this treatise, I shall endeavour to be as chaste in my expression, as the nature of the several subjects will permit.

The secret vice before-mentioned, is chiefly the fault of the youth of both sexes: and nothing is of more importance to the preservation of human-kind in general, than the endeavouring to prevent a practice that strikes at the very root of fertility. And this I shall do, first, by exposing the principal motives to the commission of it; secondly, by setting forth its bad effects, both corporal and spiritual; thirdly, by subjoining proper advice, both moral and physical, concerning it.

Among the motives to this crime of self-abuse, the three following have, I think with a great deal of justice, been assigned as the principal. First, ignorance of its nature and consequences. As to its nature, there is no express prohibition of it in scripture, and therefore, many may unhappily be induced to imagine, when either by ill example, their own lascivious inclinations, or any accidental cause, they have been betrayed into an acquaintance with the practice of it, that there can be no harm in procuring to themselves that sensation, which, in their present circumstances, they cannot otherwise acquire, without a manifest violation of the national laws, and the hazard of exposing themselves to shame and infamy. If it were not for this unfortunate mistake, we have little reason to imagine, that persons otherwise pious, and the most observant of what is seemly in other particulars, would be guilty of such an offence, both against religion and decency. The case of Onan, however, whom God slew for thus wickedly

wickedly defeating the good ends of marriage, may answer the end of a precept, and witness the divine detestation of this kind of uncleanness. Nor is this example less applicable to women than it is to men, since we shall shew in the following instances, that they are as capable as men to render themselves unapt, by a similar practice, for the business of generation. And as to its consequences, they are no less fatal to this sex than to the other, as will be abundantly shewn in the same instances.

The secrecy with which this crime may be committed, is a second inducement to it. There must be another party in all other acts of uncleanness; but in this, there is neither partaker nor witness. And this, above all other motives, seems to have been the most dangerous to the fair sex in particular, who are naturally more bashful than men, and whom custom has precluded from making any advances towards a mutual commerce with the other sex.

When women, who are apparently of a sanguine and amorous constitution, shall betray no inclination to venerable embraces, and even refuse advantageous matches; to what other cause can we impute it, but their being capable of pleasuring themselves in this private way, and keeping up a shew of chastity, while they are abandoned to the most irregular lusts? Far be it from me to accuse at random, or to say any thing for the sake of declamation only. But has not more than this been owned by the guilty themselves, after they have been convinced of their fault, and returned to a sense of their duty?

Thirdly, There is no human law to deter from this practice; but every one, who will, commits it with impunity. Adultery, in many countries, is punished with death: and with us, it subjects a man to pecuniary fines; and inflicts eternal infamy on the woman who is known to be guilty of it. Even fornication, though regarded with less severity, is yet most scandalous to the fair sex in particular; especially when they bring into the world, as the fruit of it, a living witness of their crime. But for self-abuse, there is no infliction, no other punishment but self-consciousness. And indeed, how can there be any other? The very nature
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of it, which renders it secure against detection, would frustrate any provision that could be made in this case by the legislature. And besides this security from legal animadversion, it is safe from the consequence which single women must fear in their commerce with men, that of becoming pregnant. I might add, that some give into this way out of caution. They are loth to trust their fortunes and prerogatives in the hands of a man, and therefore will not marry. And as to unlawful embraces, they dare not venture on them for many reasons. But I proceed to shew, that there can be no excuse for a practice, which, besides its wickedness, is the most prejudicial that can be to the human constitution.

Its bad effects on the body are many and great. If practised often, it relaxes and spoils the retentive faculty. It occasions the whites, a very troublesome and dangerous disease to women, of which I shall treat hereafter. It ruins the complexion, makes them look pale, frequently swarthy and haggard. It causes hysteric disorders; and sometimes, by draining away the radical moisture, even consumptions. It produces heats in the privities, belly, thighs, with shooting pains in the head, and all over the body. It sometimes brings on a *furor uterinus*, or an insatiable appetite to venery. But what it is most liable to produce is barrenness, by causing an indifference to the pleasures of Venus, and in time, a total ineptitude to the act of generation itself. Virgins, who have indulged themselves over-eagerly in this abuse of their bodies, have sometimes deflowered themselves, and destroyed that valuable badge of their chastity, which it is expected they should not part with before marriage; but which, when lost, can never be retrieved.

Many are the diseases and inconveniencies, which the fair sex are capable of bringing upon themselves, by an unnatural abuse of their own bodies: and what effect this must have upon the spirits of the woman who finds herself in any of these deplorable circumstances, when she reflects that her misfortune is owing to her own actual fault, it will not be difficult to conceive. Without taking upon me, therefore, the character of a di-
vine;

vine, and expatiating on the heinousness of this sin in the sight of God.

With regard to maids, who have hereby deprived themselves of that sacred badge, the loss of which, before marriage, was so severely punished among the Jews. Under what apprehensions must they continually lie, with what terrors must they approach the marriage-bed which heaven has designed for the seat of the highest sensible enjoyment, when they reflect that their virtue, on the first amorous encounter, is liable to such suspicions, as may never be worn off, but which may render uncomfortable the whole life, both of her, and her otherwise affectionate husband! May not these reflections make such an impression on some, as to hinder them from entering on a state to which they are warmly solicited, and which nature prompts them to desire, for fear of a detection, which would turn so greatly to their discredit? I much doubt, if there have not been many old maids, on no other account than this!

Those who have escaped this disgrace, (which is not a necessary consequence of the practice itself, but of the too unguarded pursuit of it), and are actually entered with reputation on the conjugal state, how must it grieve them, when they find the ends of it unanswered, and have room to charge their ineptitude to procreation on their own fault! Both husband and wife, perhaps, may be passionately desirous of issue; and the good man may think it a defect in himself, that their nuptial embraces are perpetually fruitless. But where a woman can charge herself with such a course of self-abuse, as hath sensibly weakened and damaged her organs of generation, hath she not all the room in the world to be for ever uneasy, in the remembrance of her folly and wickedness, and to believe, with justice, that another woman, in her case, would not be infertile? How much more tormenting must it be, if, besides her having rendered ineffectual the use of the marriage-bed, she feels in herself, no inclinations to the enjoyment of it, and is thereby not only insensible, as to her own particular, but makes imperfect to her husband that exquisite pleasure, which ought to result from their mutual embraces.

Supposing

Supposing neither of the aforesaid calamities to befall her, but that she both preserves the token of her purity, and is capable of bringing forth heirs to her husband; yet, if she is conscious of having weakened her body and brought on herself a miserable train of pains and infirmities, what anxiety, what remorse, must not a woman endure on that account! I need not repeat the dire catalogue, which was set forth at the beginning of this chapter. Every guilty female, who has read thus far, and finds in herself any of the dismal symptoms there enumerated, will not readily forget what so sensibly affected her: nor will she easily forgive herself those unnatural fallies, whose fatal consequences rest heavily upon her, and abridge her of half those enjoyments, which her sex, her constitution, and the various benefits of nature, had made her capable of partaking.

What I have already said, if duly attended to, will be sufficient to render this practice detestable; to deter the young, and hitherto innocent, from making themselves miserable, and to stop the course of those who have already advanced far in the road to destruction. A sudden and resolute stand, to all old offenders, is what I would in the first place seriously advise, as the most essential step towards restoring to themselves a sound constitution, and that peace of mind, which they cannot at present enjoy. There are few cases so bad, but what, if taken in any reasonable time, a due regimen, and the proper use of medicines, may be effectual in the relief of. Let the guilty resolve then, that they will be so no more. Let them, as much as possible, abstain from every thought, but especially from every action, that may raise irregular desires. Let them, when any way tempted, reflect on the miserable condition of many, who, through ignorance, have died terrible examples to all those who persist against conviction. For though, as we observed before, there are few cases so bad but they may be relieved, yet, from these instances we learn, that a woman may put herself out of all possibility of cure. When they are come to a fixed resolution, let them proceed according to the nature of their disorders; it being impossible, where the effects are so many and various, to give any one prescription that will answer the various intentions of cure.

cure. But as in the progress of this work, I shall speak of all sorts of female diseases, including those which are the effects of the vice here treated of, and introduce proper remedies under each head, in words at length, no woman can fail of suiting her case, if she consults the table of contents at the beginning of the book, or the index at the end.

However, as the most usual complaints of those who have been guilty of this practice, regard the weakness of the parts, it may be proper to set down a few prescriptions here, that are peculiarly adapted to restore their decayed tone and vigour, and may be used at the same time with other internal medicines, whose operation is more powerful, and which must be suited to the concurrent disease, whatever it be. These prescriptions are for a Strengthening Decoction, a Uterine Injection, a Cordial Draught, and a Refreshing Balsam.

The Strengthening Decoction is thus made.

Take of Bistort Roots, bruised, an Ounce; Roots of Cypress and Galengal, both bruised, of each two Ounces; Roots of Osmund-Royal, cut small, two Ounces; Isinglass, cut small, three Ounces; Archangel Flowers, dried, six Handfulls; Red Rose Leaves, four Handfulls: boil them all in two Gallons of Water till it comes to six quarts, and then strain it off. Of this the patient may drink a quart in a day, half a pint in the morning, a pint at dinner-time, and half a pint at night; observing only, that if she is under a course of other remedies, as for the whites, barrenness, &c. the morning half pint should be drank an hour or two after the usual medicines, and the evening half pint an hour or two before, that it may not affect their operation.

The Uterine Injection is thus made.

Take White Vitriol, Sugar of Lead, and Roch Allum, of each a Dram; powder the Vitriol and Allum, and put them, with the Sugar of Lead, into a Pint and a half of Smith's Forge Water: then pour them into a digesting Glass, and set it in a moderate Sand-heat, close covered, for ten days; then take it out, let it cool, and add three
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Spoonfuls

Spoonfuls of Spirits of Wine camphorated: shake them well together, filter the Composition, and let it well settle: then pour off the top so long as it runs perfectly clear, and keep it for Use. This may be used three or four times a-day, with a proper syringe; and the warmer it is injected, the better, provided it can be borne without pain. If the sharpness of the ingredients should cause any considerable smarting, the composition may be weakened with an addition of the rose water.

The Cordial Draught is thus made.

Take of the best Palm Sack, six Ounces; Jelly of Hartshorn, three Ounces; Essence of Ambergrise, ten Drops; Essence of Cantharides, twelve Drops; Essence of Satyrion, twenty Drops; Chocolate, the pure Nut, half an Ounce; Black Pepper, finely powdered, one Scruple; Confection of Alkermes, a Dram; Volatile Salt of Vipers, ten Grains; White Sugar-Candy, three Drams: dissolve the Chocolate and Sugar-Candy in the Sack, over the fire, but without boiling: when it is cold, add the other Things, with the Yolks of two Eggs, and mix them well together. This prescription is designed for those, who have debilitated themselves greatly, it being more powerful and efficacious than the *Strengthening Decoction*, though that may be sufficient where the weakness is not excessive. The whole quantity of the *Cordial Draught* may be taken at once, in a morning, and again at night, observing a proper distance of time, if you are taking other medicines. It surprisingly comforts and invigorates the parts, and if continued a sufficient time, will seldom fail of answering the end desired; especially if the *Enlivening Balsam* be also constantly applied in conjunction with it.

The Enlivening Balsam is thus made.

Take Oil of Mace, by Expression, two Drams; Oil of Nutmegs and Oil of Cloves, of each six Drops; Peruvian Balsam, one Dram; Musk, eight Grains; Civet, ten Grains; Essences of Cantharides and Ambergrise, of each six Drops: Mix them well together upon a Tile, without Fire. The use of this is to anoint the parts, both internally

nally and externally, every night going to bed, and every morning rising, or oftener, if opportunity serves, and the case requires it.

The Bath, Bristol, and other mineral waters, have been found serviceable in cases of this nature. It will likewise be proper to eat the most generous and nutritive foods, such as candied eringo, eggs, jelly-broths, soups, artichokes, lobsters, cray-fish, oysters, caveer, chocolate, fago, and the like. Also to drink the richest wines, mingled with the spaw water, may be advantageous. Or there may be a decoction made of common water, with pine-apples and osmund-royal root, which have a peculiar agglutinating quality, and may answer the same ends. Nor can good, sound, home-brewed ale, if taken moderately, and not too often, be amiss.

N. B. It is proper to observe, once for all, that if any difficulty should be apprehended in making up the foregoing, or any other remedies that may be prescribed in this book, the patient need only apply to a skilful and reputable apothecary, one who deals largely, and is above imposing on his customers, and the trouble will be taken off her hands, at a very trifling expence more than the original price of the ingredients.

S E C T I O N II.

OF THE VARIOUS IRREGULARITIES OF THE
MENSTRUAL COURSES, PARTICULARLY OF
THEIR SUPPRESSION, &c.

THE *terms*, or *monthly courses*, are the origin of many disorders, and therefore deserve our particular consideration. They are occasioned by a superfluity of blood, which, at certain periods, is so rarefied, as not to be contained within its natural limits: it then distends every where its vessels, till at length it opens a passage through those which give it the least resistance. The blood-vessels of the womb, by their natural structure and position, are best adapted for this discharge; and through them the blood issues out, and continues

to flow for some days, till the quantity of it being sufficiently diminished, and the remainder of consequence thickening again, the flux ceases, and the mouths of the vessels close up, till the next periodical pressure.

There is no certain time when the courses begin, but the most common is at about fifteen or sixteen years of age. Some however have had them at fourteen or under, and others not till upwards of twenty. Examples on both sides are pretty frequent; and it has also been observed, that they cease soonest with those women with whom they soonest began. Generally to between forty and fifty years of age, seldom more than to the latter, do they continue to flow; then diminishing gradually, they at last totally stop, and with them the whole power of conception is at an end; for it is during their continuance only, that women are fertile.

This increase and rarefaction of the blood, and the distension of its vessels occasioned thereby, cause that universal heaviness or uneasiness of body, those pains of the head, back, and loins, the heat about the womb and the adjoining parts, that sickness and faintness at the stomach, which all women feel, more or less, when their courses are about to flow: to remedy which, among other things, will be the business of the fourth chapter.

At their first coming down in maids, it is seldom that the courses flow above once in two months or ten weeks; or if they do, it is but in small quantity: but as the fair sex grow more ripe, when they begin to think warmly of love, when the blood and its natural vigour increases, the terms then come down oftener, or in larger quantity, till the settled term of once a month is fixed: and under that regulation they continue, till about the age before-mentioned, unless illness, pregnancy, or giving of suck interrupts them.

The time of their flowing at every period, is usually three, four, or five days; sometimes, indeed, though not often, they continue six or seven. The quantity of blood, which comes away during that time, if the flux be regular, and the person in health, may generally be contained in the shell of a goose-egg: though in some women, especially those who are strong and sanguine,

sanguine, it may be considerably more; and in others less.

The health of the fair sex depends very much upon the regular flowing of the terms; it being impossible that women should be well, who are under any disorder as to her monthly purgations; because the natural texture of the fluids being then changed, the order of the whole human machine is thereby broke. This may happen, either by a deficiency or suppression, or by an immoderate overflowing. I shall treat of them in order.

The courses are *deficient*, when they flow too seldom, or too sparingly; they are *suppressed*, when they do not flow at all.

Many widows and maids, and some married women, though they have their courses once a month, they have them not for above one or two days, instead of three, four, or five, the usual time: others are entirely without them for five or six weeks, or perhaps two months: others again have them at proper periods, and with due continuance, but they flow in too small quantity, sometimes only by drops. Either of these cases may be called a deficiency: as it may be deemed a total suppression, when they do not appear for ten weeks or three months.

When, through a bad stomach, ill digestion, colds, or inordinate grief, the blood becomes too poor, foul, or vicious, it will cause this deficiency or suppression. It may also be occasioned by the womb-vessels, through which the blood passes, when they are obstructed by a clogging, stubborn humour.

If the badness of the blood be the cause of the indisposition, the person becomes pale, dull, and inactive; the face, and eye-lids are sometimes swelled, and the skin turns of a very ill colour. Many are attended with weariness of the limbs, loss of appetite, loathing of food, bad digestion, pain in the stomach, swelling about the ankles, sometimes vomiting and general disorder; also desire after things not fit to be eaten, which last symptom is more commonly in young virgins, than in persons of riper years. And if, at these times, any blood does flow, it generally appears of a pale and livid colour.

If the fault be in the vessels of the womb, the person's complexion is not changed; but at the time her courses ought to flow, she feels racking pains about the small of her back, her loins, and hips; likewise weariness of the limbs, flushing in the face, vapours, head-ach, moving pains all over the body, accompanied with a violent motion of the blood, which sometimes issues out of the nose, or the hemorrhoid veins.

When the courses in maids do not flow at all, and the obstruction is of long standing, it is then called the *green sickness*: but widows, and sometimes married women, as before observed, are afflicted with the same distemper, though in them it has not that name. Married women ought however, to be careful, that they do not mistake the stoppage of their courses caused by conception, for this disease, lest by taking medicines to cure their fancied illness, they procure a miscarriage: but if they have not their terms for three or four months together, become pale, and breathe with difficulty, without perceiving all this while any sign of pregnancy, they may then be assured that the suppression is a distemper, and not occasioned by their being with child.

Such a suppression, if it be not speedily remedied, may cause barrenness, an asthma, a consumption, inflammation and ulceration of the lungs, pleurisy, jaundice, dropsy, and other fatal illnesses of various kinds. But a total suppression much seldomer happens to married women and widows, than to maids; they are usually afflicted with a deficiency only; yet even this is often attended with very grievous disorders, with squalid countenance, hysteric fits, racking pains, and universal uneasiness, which are to be cured only by bringing the courses to their natural order.

To remove any or all of the symptoms here enumerated, and prevent the dismal effects of this indisposition, whether in maids, married women, or widows, such remedies must be administered as will cleanse the stomach and first passages, dissolve vicious humours, rectify the blood and juices, and open obstructions in any part of the body: and the most proper for these intentions, are, *first*—Gently evacuating medicines; and then,

then, *secondly*,—Such as are corroborating, and will confirm the texture of the fluids, strengthen the intestines, create an appetite, promote digestion, restore a good colour to the face, and health to the whole body.

There are a great number of prescriptions by various authors, for bringing about these good ends, but none have been found either more effectual, or more agreeable to patients in general, than the Cathartic Pills, the Aperitive Powder, and the Corroborating Electuary, herein after mentioned. The Cathartic Pills are to begin the cure: they should be taken four at a time early in the morning, fasting, and may be worked off with water-gruel, posset-drink, barley-water, warm ale, or tea. With four, five, or six easy stools, they cleanse the stomach and bowels, and do abundance of good. A single dose will frequently bring down the courses, without any thing else, especially if the illness be not of long standing, and occasioned only by a slight obstruction of the womb-vessels.

The *Cathartic Pills* are thus made.

Take of the best Russia Castor, four Grains; Opening Saffron of Steel, two Scruples; Pill Cochiae the greater, two Drams; Chemical Oil of Savin, three Drops; Salt of Steel, half a Dram; Balsam of Peru, nine Drops; Syrup of Mugwort, a sufficient Quantity: mix and make eighteen Pills.

After purging once with these, it will be proper to make use of the following Aperitive Powder; because the operation of the pills is too violent for them to be continued without intermission: the next morning, therefore, after taking them, begin with about a dram and a half, or two drams of the powder, according to the case, and the constitution of the patient: and if the disorder be not very stubborn, a continuance of the same quantity morning and evening, for two, three, or four weeks, will complete the case without more purging. It may be taken, either by itself (being not unpleasant) or in a draught of white wine, with or without bitter; observing to walk after it for a quarter of an

an hour at least, and not to eat any thing for about an hour, either before or after. It is a great remover of obstructions, a strengthener of the stomach, and a purifier of the blood and juices: it restores a good colour to the face, promotes appetite and digestion, gives new vigour to the languid faculties, and causes a free respiration.

The *Aperitive Powder* is thus made.

Take Steel prepared, six Drams; Aloes-wood and Nutmeg, of each half an Ounce; Cloves and Mace, of each two Drams; double refined Sugar, two Ounces: Powder and mix them well. A little Saffron may be added, when it is to be given to Girls, at the first coming down of the Menfes. This is an excellent preparation, and may be used for decayed constitutions, where the courses are not the cause of it.

But if the deficiency or suppression of the menses should prove very obstinate, so as not to be removed after taking this powder for twenty or thirty days together (a case that will seldom happen), the patient must then take another dose of the Cathartic Pills, returning the next day to the powder, and continuing the same course till her distemper is effectually cured. But let her be sure to observe all the time not to eat any salt meat, and to abstain from fruit, greens, and herbs, and the immoderate use of tea, or other small liquors. The flesh that she eats should be of those kinds that are easy of digestion; and if it be roasted rather than boiled, so much the better. If at any time the powder should lie heavy at the stomach, or cause a sickness, a glass of good white wine is a pretty sure relief.

When a woman has great need of purging, and is able to bear it, she may take more of the Pills, and less of the Powder; but always interposing a day or two between the doses: and if four pills be found too powerful at first, the dose may be lessened to three; or it may be increased to five, where four are not sufficient. But in very weak constitutions, it would be better entirely

tirely to omit them, and trust only to the Aperitive Powder, which seldom is found to fail, especially if due exercise be mixed with it, such as walking, or more especially riding, and stirring about the house.

As the promoting of the courses physically, generally occasions some weakness of the parts, it is necessary, after they are brought to regular order, for the patient to take something that may restore the tone of the vessels, and re-establish a good texture of the blood and juices. For this there is nothing can excel the Corroborating Electuary, here subjoined: it should be taken about the quantity of a nutmeg at a time, from the point of a knife, or any other convenient way, every morning fasting, and about four or five hours before going to bed at night, drinking a glass of bitter wine after each dose. About a fortnight or three weeks is usually long enough to continue it.

The *Corroborating Electuary* is thus made.

Take of Compound Powder of Arum Root, half a Dram; candied Nutmegs and Candied Ginger, of each two Scruples; candied Orange-peel and candied Angelica, of each a Dram; prepared Steel, three Drams; Conserve of Garden Scurvy-grass, and Conserve of Roman wormwood, of each three Drams; Compound Powder of Rosemary Flowers, half an Ounce; Syrup of candied Ginger, enough to make an Electuary.

By the use of this excellent medicine, after the foregoing aperients, there is no question, with the blessing of God, but a perfect cure may be effected; it having a wonderful efficacy in increasing the blood and spirits, driving away melancholy, and invigorating the whole body, and all without any more fatigue to the patient, than if she had taken no remedies at all. All hysteric affections also, and the green-sickness-like indisposition in girls, before they come to years of maturity, may be greatly helped in the same manner. But as I propose to treat of these in a separate chapter, I refer the reader thither.

Before I quit this head, however, of the suppression or deficiency of the terms, I think it proper to set down
three

three more medicines, for the use of those women who may not care for the above-mentioned forms, either of pills or powder. They are all excellent in their kind, and may be had ready prepared at most apothecaries: but those ladies who are willing to take the trouble on themselves must be certain of having the proper quantity of every ingredient. The first of them is a very powerful Elixir, called *Elixir Uterinum*; the other two are Electuaries, and suited to different constitutions: they are named, *The Emmenagogue Electuary with Steel*, and, *The Emmenagogue Electuary with Hellebore*.

The Elixir Uterinum, or Womb Elixir, is thus made.

Take of Castor, two Ounces; Myrrh, one Ounce; digest them in 13 Ounces of Spirit of Wine, for 20 Days in a close Vessel: then strain it, and put into it Extract of Savin, made by Evaporation of its Juice, half an Ounce; Saffron, two Drams: set these also, well stopped, in a gentle Heat for several Days; and if there be any settling, pour off the fine into a fresh Phial, and keep it for Use. The dose is from five to twenty drops, according to the case. They may be given in penny-royal water, or any other vehicle of like nature.

The Emmenagogue Electuary with Steel is thus made.

Take Conserve of Roman Wormwood and Damask Roses, of each one Ounce and a half; Salt of Steel, two Drams; Saffron, half a Dram; Powder of Cardamoms, one Scruple; Syrup of Steel, or of Rhubarb, a sufficient quantity to make an Electuary. Of this about the quantity of a large nutmeg may be taken twice in a day, morning and evening, observing to use exercise. It is most proper for those of a pale and thin habit of body: but for women of a sanguine and robust constitution, the following is better.

The Emmenagogue Electuary with Hellebore.

Take Conserve of Roman Wormwood, two Ounces; Black Hellebore in Powder, three Drams; Salt of Tar-
tar,

tar, two Drams; *Asafætida* dissolved in a sufficient Quantity of Tincture of Castor, one Scruple; Syrup of Rhubarb, a sufficient Quantity to make an Electuary. The quantity of the dose is the same as the former, and it must, in like manner, be taken morning and evening. Its effects are admirable in warm constitutions (as the other is in cold), for it breaks through all obstructions of the womb, without giving that heat to the blood, which many other remedies occasion, and which sometimes terminates in a *furor uterinus*.

Each of these three medicines has been frequently known to answer all the intentions of the Cathartic Pills and the Aperitive Powder: and where they do so, they are rather to be chosen by many women. If the person who takes them, should find herself in any manner debilitated, she may have recourse to the Corroborating Electuary before-mentioned, in the same manner as there prescribed.

I must repeat it again, that women should be very certain, when they take any of these *Emmenagogues*, or medicines to promote the courses, that the obstruction is not occasioned by their being with child; for in that case, all strong aperients are very dangerous, and may cause miscarriage.

✍ It will be proper for those who do not make up their own remedies, to write out the prescription that suits them, or to carry this book itself to the Apothecaries for their direction, to prevent any mistake in the composition.

SECTION III.

OF THE IMMODERATE FLUX, OR OVERFLOWING OF THE MONTHLY COURSES.

THE courses are properly deemed immoderate, when they return oftener than once a month, or when they flow in too large a quantity, or too long together: for in some women they continue not longer, nor

nor more violently than is natural, but then return once in three weeks, a fortnight, or oftener; in others they return at proper periods, and continue a due time, but then the flux is excessive; in others again they return regularly, and flow moderately, but continue the flux for many days together: in either of these cases the woman is much disordered. And some women also, immediately after their courses are over, are afflicted with the whites, or the piles, or sometimes both: but of these I shall treat hereafter.

Any of the fair sex, between the age of sixteen, and upwards of fifty, that is, during the time that the monthly purgations are usually on them, may be troubled with an immoderate flux; but, according to observation, it happens most frequently to women between forty and fifty, at the time when their courses are about to leave them: at this time it is often experienced, that they do not flow above once in three or four months; but when they do, it is in such an immoderate manner, as to be very troublesome, or of such long continuance, as to afflict the patient for ten, twelve, fifteen, or sometimes twenty days together.

The usual cause of this disease is a redundancy of the blood, or its too great rarefaction, occasioned by inflammatory particles, or sharp scorbutic salts in the juices, or by disorder of the womb-vessels. Its attendant symptoms are commonly a burning feverish heat, racking pains in the small of the back, pain and heat about the neck of the womb, head-ach, loss of appetite, and a languid weakness over the whole body: and if it be not speedily cured, it emaciates the person very much, causes total barrenness, perpetual weakness, a ghastly countenance, swelling in the feet, and sometimes a consumption, which, without great care, terminate in death.

To distinguish the several causes of this disease by their symptoms, let it be observed, that if the discharged blood is of a bright red colour, and when dry upon linen discovers a pale circle, it shews the blood to be thin and waterish, the vessels of the womb too lax, and that the patient is weak and low-spirited, but not feverish: if it be of a deep red, and easily clots, it denotes

denotes a redundancy of blood, and that the person is very hot, feverish, and uneasy: and if in coming away it causes great itching and sensation of the parts, it manifests that the juices of the body are very acid, or sharp.

Revulsion by bleeding is the first step towards curing this indisposition, and may be made to the quantity of eight, nine, or ten ounces, according to the strength of the patient. After that, such medicines must be prescribed, as by their cooling, absorbent, and astringent qualities, will retard the violent motion, and lessen the rarefaction of the fluids; allay thirst, remove the fever, rectify the blood and juices that were before too sharp, and strengthen the womb-vessels: by which means the flux will soon be stopped, and the person restored to her usual health and vigour. The Solutive Electuary here inserted, will be as proper as any thing to begin the course with, and may be taken early the next morning after bleeding, in the quantity of a large walnut.

The Solutive Electuary is thus made,

Take Lenitive Electuary, an Ounce; Pulp of Cassia, half an Ounce; Rhubarb in fine Powder, a Dram; Ginger, a Scruple; mix with Syrup of Violets, and make an Electuary according to Art, which keep for Use.

This, I say, will be as good as any thing, and may be easily made up; but the only intention here to be answered is gentle purging, in order to prepare the body for the subsequent remedies, and therefore any other gentle cathartic may suffice, that will give five or six easy stools. The electuary may be taken either by itself, or dissolved in water-gruel, sleeping an hour or two after. If in two hours it does not sensibly operate, the dose may be repeated in the same quantity of a walnut. Water-gruel, Larley-water, or tea, should be drank during the operation.

And the next day after purging, she may proceed with the remedies peculiarly suited to her disease. Either of the following inraffating powders will be of

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excellent service, and may be prepared without any difficulty, the ingredients being to be had at any Apothecary's.

The *Incrassating Powders* are thus made.

Take Seed of Henbane and white Poppies, of each six Grains; sealed Earth and Bole, of each ten Grains; Sugar of Roses, eight Grains; make a Powder.

Or,

Take Solomon's Seal and Comfrey Roots, of each ten Grains; fine Armenian Bole, and Japan Earth, of each five Grains; make a Powder.

Or,

Take Marsh-mallows Root, Gum Arabic, and Dragon's Blood, of each five Grains; fine Armenian Bole, ten Grains; make a Powder.

I have set down in each of these prescriptions only the quantity of a single dose, which may be taken in a little warm water-gruel, barley-water, or any other agreeable liquor, betimes in the morning, and again towards evening. These Powders conduce greatly to thicken and soften the blood, and cement the lacerated vessels, and therefore are good in all cases occasioned by the too great rarefaction or sharpness of the fluids. The reason why I have mentioned more than one sort of them, and shall do the same with respect to other preparations (when two or three may be nearly the same in virtue), is, that every woman may vary them at pleasure, in different courses, if she should take a particular dislike to any one of the ingredients; which may not be impossible, whatever the form be, in which they are given.

And it would greatly forward the cure, if, besides the *Incrassating Powders*, the patient was to take the quantity of a large nutmeg of one of the following *restringent Electuaries*, about eleven o'clock in the forenoon: or, if she chuses rather to do so, let her take the *Electuary*, night and morning, as prescribed for the

the Powder, and the Powder only once, about two hours before dinner, and it will answer much the same end. For, whatever some may imagine, who, for the sake of vending their own preparations, would confine their patients to particular forms of medicine, I cannot help thinking, for my own part, that it tends greatly to forward the operation, for a patient to be as much satisfied as possible with the remedies she takes.

The *Restringent Electuaries* are thus made.

Take Conserve of red Roses, two Ounces; Troches of Lemnian Earth, half a Dram; Pomegranate Peel, red Coral prepared, and Armenian Bole, of each two Scruples; Blood-stone and Dragon's Blood, of each one Scruple; with a sufficient Quantity of Syrup of Quinces to make an Electuary.

Or,

Take Conserve of red Roses, Marmalade of Quinces, Juice of Kermes, candied Nutmegs, Syrup of Quinces, and Syrup of Coral, of each half an Ounce; Species for the Confection of Hyacinth, three Drams; Aromaticum Rosatum, and astringent Saffron of Iron, of each two Drams; Oil of Cinnamon, six Drops; mix all together into a smooth Electuary.

The latter of these two is deemed the most powerful restraining, and therefore may be best where the overflowing is very violent. It is frequently given in child-bearing also, to strengthen the womb, and prevent abortion. The following pleasant Julep, or *Pearl Cordial*, may be given after each dose of either Electuary, to the quantity of six spoonsful at a time; but it is not absolutely necessary, unless the Electuary should be apt to sit uneasy on the stomach.

Take red Rose Water, and Barley Cinnamon Water, of each four Ounces; Spirit of Cinnamon, two Ounces; Pearl prepared, a Dram; fine Loaf Sugar, six Drams; Mix them well together.

And besides all these internal remedies, some women make use of a Plaister with no small success, which they apply to the region of the loins the day after purging. There are several sorts of these Plaisters, all very good, but I have found none more serviceable than the following.

Take Diachylon, half an Ounce; Oxycroccum, two Drams; Oil of Amber, ten Drops: Spread them together.

Or,

Take Plaister of Red-Lead, and Plaister against Ruptures, and spread them in equal Quantities.

The above medicines being taken according to directions, that is, either one of the Incrassating Powders, or one of the Restricting Electuaries, or a dose of each alternately, as before-mentioned, and with or without the Pearl Cordial, as the case may require, and applying the Plaister where the weakness of the Parts is very great, will effectually strike at the cause of this illness, take off the fever, stop the immoderate flux, strengthen the back and womb-vessels, and, in about a fortnight's time, even where the case was very bad, bring the patient into such excellent good order, as that she will be in no danger of relapse for a considerable time after.

And if, while she is taking the Powder or the Restricting Electuary, she should find herself inclined to be costive, I would advise her, once in three or four days, to repeat the dose of Solutive Electuary, according to the directions before given, which will give a few gentle stools, without causing any other inconvenience. And let her always observe, while she is in this course, to drink freely of tea, barley-water, or water-gruel, which will cool and dilute the blood, quench the thirst, and be of excellent use. She must likewise abstain from strong and inflammatory liquors, from hot-spiced foods and salt meats. But if she be very faint and weak, and desirous of any other Cordial than the before-mentioned, she may take an equal Quantity of strong Claret and Spring-water, and boil them together 'till one-third of the whole be evaporated, and then pour
them

them boiling hot upon a sprig of dried Baum, Mint, or a bit of Cinnamon, straining them off when cold, and sweetening with the best Loaf Sugar. This is an excellent Cordial, and also gently restraining, and may therefore be taken, a little at a time, after the Restraining Electuary, for the same purpose as the Julep above, as well as to raise the spirits, when very much depressed.

It hath sometimes happened, though very seldom, that the Patient has been so very low, as not to be able to bear bleeding and purging at the beginning of the course: in that case, she may have recourse immediately to the Incrassating Powders and Restraining Electuary, omitting either bleeding or purging, or both, as she sees convenient.

When the flux of the courses is very excessive, or continues very long, it is apt to be attended with a most violent excruciating inward pain, either towards the loins, or on one side of the belly, or near the head of one of the thigh bones, and sometimes a little higher, equally severe with the pangs of child-birth. This is occasioned by the convulsive throws of the womb, violently pulling and stretching its ligaments from the parts in which they are inserted. Under this affliction, it will be proper to *take an Ounce of Syrup of white Poppies, mixed with two Ounces of Alexiterial Milk-Water*, for a Draught at going to bed; and it will greatly relieve, so as to give perfect ease, composure, and refreshing sleep, in the room of unsufferable torture. The dose may be repeated every other night, or even every night, if the pain returns very excessively, but not otherwise.

I might indeed, after the manner of those, who write only to recommend their own remedies, insert a great number of cases, wherein by following the directions given in this and the preceding chapters, the most dangerous and deplorable *Deficiencies, Suppressions, and immoderate Flowers* of the menses have been cured: but as this would contribute nothing towards the cure of others, and as my intention is only to help the sex, without any reserve or secret in the composition of the remedies I prescribe, which would render it impossible for any one to prepare them but myself, I choose rather

to fill up these sheets with what may be really useful, and cannot fail of being understood, than to affect obscurity in my descriptions, and interlard them with encomiums on my own art and success.

SECTION IV.

OF PAINS AND INDISPOSITIONS ATTENDING THE COMING DOWN OF THE COURSES: ALSO OF THE BAD QUALITIES OF THE BLOOD THAT FLOWS FROM SOME WOMEN; AND OF THE DISORDERS WOMEN ARE SUBJECT TO, WHEN THEIR MONTHLY PURGATIONS LEAVE THEM.

WOMEN are troubled with other disorders, besides those of obstruction and immoderate flowing, with regard to their monthly courses. Among these, that of their coming down with difficulty and pain, and attended with violent symptoms, is none of the least dangerous and troublesome.

Some of the symptoms of this disease are not unlike those of a dysury, or difficulty of urine: but they are generally more various and numerous. The Patient is afflicted with severe shooting pains in the head, pains in the hips, the loins, the stomach, and the bowels, which latter resemble the cholic, and pains of the womb, that have sometimes been compared to the pangs of child-birth, loss of appetite, faintness and sickness at the stomach, palpitations of the heart, convulsions, weariness of the limbs, and great heat about the parts affected, are also attendants on this disorder. And as to the evacuations, they are sometimes very flow, and
drop

drop by drop, sometimes in sufficient plenty, sometimes continual, and sometimes by intervals only.

This disease is mostly attributed to the same causes as a suppression, but gentler; it being a sort of unequal obstruction of the vessels of the womb, occasioned either by the smallness of the terminations, or their convulsive contraction; or from their being full of a thick, clotted, and feculent blood, which violently distends and stretches them, and sometimes occasions a small swelling in the groin; or from their openings being obstructed by a viscous matter, which resists the evacuation of such an increased quantity of blood. It may be occasioned also by some ulcer or tumour in the womb, or neighbouring parts, which is hurt by the passage of the blood. When this is the cause, pus or matter is mixed with the blood, and the courses flow with a fixed and continual pain.

Great care should be taken, that this indisposition be speedily cured; because if it proceeds from any obstruction of the vessels, there is danger that a total suppression will follow, and bring on fevers, or other acute diseases. To prevent which, the medicines to be made use of are chiefly such as expel wind, correct the viscosity of juices, and open obstructions. But in the use of these, or any other, we are first to consider the cause of the distemper, which may be collected from the symptoms as above described. When it proceeds from gross and thick blood, which occasions faintings and palpitations, a thin diet and moderate exercise may be of service; and such medicines should be used, as cause revulsion and evacuation. Bleeding in this case, either in the arm or foot, a little before the courses are expected, will be highly necessary. After which, a dose of the Cathartic Pills, prescribed in page 43, if there be time for it before the pains come on, should be taken. Cupping-glasses also may be applied during the fit, with scarification to the thighs and legs, when the case is very bad. And from the time that the courses begin, all the while they are on her, let the patient take two or three spoonsful every three or four hours, of one of the following Hysterical Juleps.

Take

Take Rue, Penny-Royal, and compound Briony Waters, of each three Ounces; compound Syrup of Piony, an Ounce; Castor tied up in a bit of Silk, one Scruple; Asa-fœtida, five Grains: mix them well.

Or this,

Take Rue and Black Cherry Water, of each three Ounces; compound Briony Water, two Ounces; Spirit of Castor, two Drams; Spirit of Sal Ammoniac, one Dram; Asa-fœtida, ten Grains; Sugar, a sufficient Quantity.

Or this,

Take Camphire, two Drams; set it on Fire, and quench it in a Pint of Spring-Water; and so continue to fire and quench it, till the Camphire is all consumed; then Sweeten the Water for a Julep.

Or,

Dissolve two Drams of Camphire, after the same manner, in Black Cherry, Penny-Royal, and Briony Water, three Ounces of each; and Sweeten as before.

The most efficacious of these Juleps, and which therefore should be used in the worst cases, are those with Camphire, which will seldom fail to remove all manner of pain and uneasiness in a very short time, promote sleep, support the spirits, and cause the orifices of the blood-vessels to dilate, and discharge their burthen. But if it should so happen, that the patient becomes very low, before their efficacy is fully perceived, let her take thirty drops of the following Anodyne Balsam, which is justly celebrated for procuring ease in the most racking extremities of pain, and likewise for assisting in all necessary discharges that occasion such pain. She may take it in a glass of Penny-Royal or Briony Water, composing herself to rest immediately after.

The Anodyne Balsam is thus made.

Take Castile Soap, one Ounce; Opium, half an Ounce; Camphire, six Drams; Saffron, one Dram; Spirit of Wine rectified, eighteen Ounces; digest in a Sand-heat ten Days, shaking it between whiles for the last Day or two; then pour off the clear, and keep it for use.

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The intention of these Juleps and this Balsam, is chiefly to give the patient ease during the present discharge of the terms. But effectually to cure this indisposition, after it has once been perceived, and is gone off, will be to go through a course of remedies, according to the prescriptions in Sect. II. for deficiencies and suppressions: which course she may continue, as there directed, for a whole month, or till the next return of her purgations, which, by that means, she will find regular, and without any symptoms but what are natural.

External remedies have also been thought good under difficulties of this kind; as bathing the Legs, and fomenting the belly with a Decoction of Marsh-Mallows, and Seeds of Flax, Fenugreek, Dill, Rue, and Mugwort; applying a Flannel dipt in Wine and Oil of Roses, to the belly; anointing the Navel, and the Regions below it, with Ointment, such as the following:

Take of the Juice of Angelica, one Dram; Oil of Capers, and of White Lilies, of each one Ounce and a half; White Wine, half an Ounce; with Wax enough to make a proper Consistence.

But if the pain and difficulty, at coming down of the courses, be continued and fixed, proceeding from an internal wound or ulcer, and not from any peculiar habit of the blood or vessels, the cure must then be performed by injecting a Uterine Clyster, made of four ounces of warm Water, a Dram of the White Troches of Rhafis, and a sufficient quantity of Sugar. Or it may be made with Allum Water; or with Barley Water and Syrup of Roses; or with a Decoction of an ounce of Plantain Seeds in two ounces of Milk, to which may be added half an ounce of Emulsion of the cold Seeds. Finally, in the worst cases, the Injection may consist of two ounces of the Decoction of Henbane, or White Poppies, with a small quantity of Opium.

Another disorder in the monthly courses, is when the blood is corrupted, or suppurated, and flows from the body variously discoloured, as pale, livid, green, black: in some also it has a nauseous and foetid smell, appears skinny and fibrous, and when closely inspected,
sand

sand and worms may be discovered in it. These calamities are occasioned either by the badness of the whole mass of blood, or by particular corruption of that which flows, in its passage through the vessels of the womb; which, after a long suppression, or through an abundance of putrid humours, may be disposed to give it these bad qualities. The blood and juices, therefore, must be purified, and the whole body cleansed, by proper cathartic and alterative medicines, according to the nature and degree of the indisposition. To this purpose, an exact regimen and course of diet should be observed: and then such remedies are usually administered, as in the whites, the Section concerning which may be consulted. But it has been found, that after a purge or two, without bleeding, the following admirable drops, though invented for another purpose, are sufficient to perform a cure. They may be taken to the quantity of twenty or thirty, in a glass of water, or any other convenient vehicle, betimes in the morning, fasting, and again at going to bed. They carry all that can be wished for into the blood, that is of a deterging, cleansing, and healing quality; and therefore, make an effectual cure, not only in suppurations and disorders of that fluid, but in almost all internal ulcerations of what sort soever. For which extraordinary virtues, and the simplicity of the composition, they deserve to be ranked with the capital medicines in the whole body of physic. I call them the *Efficacious Drops*, or *Powerful Elixir*.

They are thus made.

Take of the best Rhubarb in powder, three Drams; Gum Guaiacum, one Dram and a half; Gum Lac, one Dram; Cantharides bruised, two Drams; Cochineal, half a Dram; Spirits of Wine rectified, one Pint; infuse in a warm place about five or six Days or more, then decant off what is fine for Use.

The original intention of this Elixir, as the skilful will perceive by its composition, is against venereal disorders, for which there is not any medicine better contrived. But for that very reason, it is the more proper in the present distemper, which, though from

a different cause, yet as it consists either in the badness of the blood in general, or in some internal suppuration about the parts affected, one or the other of which must be the case in all venereal disorders, it ought to be dealt with in the same manner as those, notwithstanding what some may have advanced to the contrary. However, for such women as may scruple to make use of it, or of any other remedies of the same kind, the following Electuary may be substituted in its room with good success; observing the same directions with regard to purging, as in taking the Elixir.

Take of Venice Treacle, one Ounce and a half; of the Conserve of the Yellow Peel of Oranges, one Ounce; of Diascordium, half an Ounce; Candied Ginger and Candied Nutmegs, of each three Drams; compound Powder of Crab's-Eyes, one Dram and a half; outward Peel of Pomegranates, Roots of Spanish Angelica, and Troches of Lemnian Castor, of each one Dram; Bole Armenic, two Scruples; Gum Arabic, half a Dram; with a sufficient quantity of Syrup of dried Roses to make an Electuary: Whereof take the quantity of a large nutmeg in the morning, and at about five in the afternoon, and again at night, drinking after each dose, six spoonsful of the following Infusion.

Take Elecampane Roots, Masterwort, Angelica, and Gentian, of each half an Ounce; Leaves of Roman Wormwood, White Horehound, the Lesser Centory, and Calaminth, of each one Handful; Juniper Berries, one Ounce; cut the Roots and Leaves small, and bruise the Berries; then infuse the whole in five Pints of Canary, or Mountain Wine, which strain off as you drink it.

Let a course of either of these remedies, that is, either the Drops alone, or the Electuary and Infusion together, which the patient shall choose, to be continued for three weeks or a month, or from the going off of the courses to their coming again, and, by the blessing of God, all complaints of ill colour or ill smell, in the blood, will be effectually removed; the whole mass will be corrected and purified in a wonderful degree, so as to leave no danger of the same disorder's return, unless

less by catching cold, or any other remote cause, the habit of body should be again altered.

The last thing that I shall treat of in this Section, is the disorder that some women are under about the time that their courses leave them, which is usually between forty and fifty years of age. It is observable, that when this happens, which is not all of a sudden, but gradually, (for they first come irregularly, and grow more so, till they totally cease) that then it is common to complain of a severe pain in the back and head, and about the loins; sometimes of cholics, gripes, and looseness: at other times the patient is vapoured to a high degree; has feverish heats, wandering rheumatic pains, and uneasiness over the whole body.

But all this may be prevented or cured by the following method. Let the patient bleed to the quantity of eight ounces, if her strength will permit: the next day let her take a dose of the Cathartic Pills, prescribed in Section II. and continue the use of them once in four or five days, or a week at most, till the cure is effected, taking on all the other, or intervening days, about two ounces of the following *Chalybeate Wine*, with fifteen Drops of *Bitter Stomachic Tincture*.

The *Chalybeate Wine* is thus made.

Take Filings of Steel, one Ounce; Saffron, two Drams; infuse them in one Pint of Spanish White Wine, cold, for three Days, and strain for Use.

The *Bitter Stomachic Tincture* is thus made.

Take Gentian Root and Orange-Peels, dried, and cut very small, of each one Pound; pour upon them, in a Glass Body, Spirit of Vitriol rectified, one Gallon and a half; let them stand close covered, in a very mild Warmth, for some Days; then press out the Spirit strongly, and let it fine down for Use.

This is undoubtedly the best stomachic in the world, and has often been puffed, under other names, in quack advertisements. It is very conveniently added to the *Chalybeate Wine*, and contributes much to its efficacy.

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The following Tartarized Elixir is also very good in the present case, for women in years, and may be taken likewise when the terms are of an ill colour and scent, if it should be preferred to the medicines prescribed under that head. The Electuary and Infusion there mentioned, may be used alternately with it, both in that disorder, and by women whose courses are about to leave them. The dose of the Elixir is about twenty drops.

It is thus made;

Take Myrrh, Aloes, and Saffron, of each one Ounce; Tincture of Salt of Tartar, twelve Ounces; digest them together for some Days, then decant what is clear, and keep it close stoppt.

By observing a regular method with either of these, according to direction, that is, taking either the Wine, or the Elixir, alternately with the Pills, after bleeding, for about a month every spring and fall, from the time that the courses begin to dodge, till they entirely cease, all those disorders and pains, to which many women are subject during this period, will be effectually prevented, and the patient will enjoy as settled health, as when she had her purgations the most regularly. Only in the use of all these things, and indeed of every medicine that can be prescribed, great regard must be had to the constitution of the person, and the circumstances of her case: for it may sometimes happen, as when the courses do not only dodge, but flow too sparingly when they come, that it will be proper to go through a whole course of the remedies in Section II. for suppressions and obstructions, before using the Chalybeate Wine or Tartarized Elixir. So, in like manner, if they flow too excessively when they appear, which is sometimes the case, then recourse should be had to the prescriptions in Section III. for an immoderate flux. After which may be taken a dose of the Cathartic Pills, and the Wine and Tincture, or the Elixir, as directed in the preceding paragraphs; observing to repeat the same twice a year at least, till the courses totally cease, and till the patient finds her health well established without them; which she will not fail to do, morally speaking, in a very short time, by this excellent method.

SECTION V.

OF WOMEN WHO NEVER HAD THEIR COURSES:
OF BLOOD BREAKING OUT BY UNNATURAL
WAYS: AND OF THE COMPLICATION OF
THE COURSES WITH OTHER DISEASES.

THAT there may not be any thing wanting in this treatise, that will be of advantage to the Fair Sex, with regard to their monthly evacuations, I shall, in this Section, consider several circumstances, to which they are liable, but which have been either totally omitted, or but imperfectly handled by others who have written on this subject.

Though the flux of the courses is the proper, and only certain sign of a woman's maturity, yet there are some women who never had them, even after marriage. Nor have all women in this situation been either barren, or unhealthy: for some have had children, and others have enjoyed a good habit of body to appearance: though far the greater part have been either sickly or infertile. The general sources of this defect are two, one common to the whole constitution, the other peculiar, and arising from accidental causes. When a woman is strong, active, and has her parts so disposed, as that every member employs or expels what is convenient for it, her temperament then becomes so much like a man's, as that there is no room for a menstruous purgation. This is the first, and indeed the least dangerous origin of this malady. For a malady we must call it, however the woman may find herself, because it is a deviation from the common course of nature. Women of this kind are of a hot and robust constitution, such as we usually call viragoes. Their complexion, for the most part is brown; their bodies compact; their limbs large; their shoulders broad; they have a bold and masculine voice; are strong and hairy like men. This habit, however, as we before observed, must be accounted vicious, how little soever the person may seem
affected

affected by it, because it is not proper to her sex. But whether or no, a cure of it be either practicable or necessary, when attended with no apparent inconveniences, is what I shall not take upon me to determine. Those who are willing to try the medicines that follow, may, if they please, be satisfied what can be done.

But the greatest part of women, who labour under this irregularity, are sickly and barren; which proves it to proceed from some other cause than a masculine constitution. The first thing necessary in the cure of these, is to find out the immediate source of their distemper. If it proceed from a hot intemperies of the womb, it may be known by a severe pain in the part, and by the heat of the whole belly. A dry intemperies may be discovered from the long fevers that attend it, and from a thin habit of body, which in time grows gross and unhealthy, for want of this due evacuation. An ill formation of the parts occasions swellings of the belly, pains, and a seeming weight or pressure, which is very troublesome.

But the most common cause is a hot intemperies, which must be cured by four sorts of remedies. First, by cooling diet; such as Chicken, Veal, when they eat Flesh; Broth, wherein Endive, Sorrel, Lettuce, Spinage, and the like have been boiled. Oranges are also good, and roasted Apples and Prunes. Their drink should be small; their sleep and exercise moderate. Secondly, let them bleed twice or thrice in the foot every year, and take such things after it, as correct the hot and bilious humours. Such are the Waters and Syrups of Purslain, Succory, Endive, Violets, and some others. Then let them be purged with the following medicines.

Take of the best Rhubarb, two Scruples; infuse it a whole Night in four Ounces of Endive Water; strain it in the Morning, and add an Ounce of Manna, or of the Pulp of Cassia, and an Ounce of solutive Syrup of Roses.

In the third place, let them use such things as leisurely attemperate the heat of the humours and parts; as Conserve of Roses or Violets, with Endive Water; a Decoction of Barley before meals, or Goats Milk in

the morning, with the Flowers of Violets and Burrage. The following cooling Draught is also very useful.

Take cleansed Barley, two Handfuls; Roots of Burrage and Succory, of each an Ounce; Leaves of Burrage, Succory, Endive, Fumitory, and Sorrel, of each half a Handful; of the Cordial Flowers and Cold Seeds, each a Handful; Anniseeds, one Dram; Raisins, an Ounce; and about a Dozen Prunes: Boil them in three Pints of Water till it comes to a Quart: to the strained Liquor add a sufficient Quantity of Sugar, and spice it with a Dram of the Species of the three Sanders. But if you intend to have it purgeable, add towards the end of the Boiling, Leaves of Senna and Pulp of Tamarinds, of each an Ounce; and after it is Boiled, three Ounces of Solutive Syrup of Roses, or of Succory with Rhubarb.

Or this, which is more simple, and easily made.

Take Spring Water, twenty-six Ounces; make it boil, and then put in Juice of Lemons and fine Sugar, of each two Ounces; Cochineal, one Scruple; let it continue Boiling till the Scum be taken off, and then put to it four Ounces of Damask Rose-Water. The quantity to be drank at a time, unless when Cathartics are intermixed, may be left to discretion. But when purging is intended, so much must be taken, as will be found to answer the intention.

Fourthly, it has been usual on these occasions, to apply Topicks to the lower part of the Belly. They may be thus prepared.

Take Oil of Sweet Almonds, one Dram; Hen's Fat, Butter, and Goat's Milk, of each half an Ounce; Juice of Gourds, Endive, or Violets, of each six Drams: with Wax make a Liniment, Ointment, or Plaister, as the Patient likes best. But before the application, it will be proper to foment the part with a Decoction of Lettuce, Violets, Marsh-Mallows, and Fumitory; and to open the passages, add the Leaves of Maiden-Hair, Mercury, and Mugwort.

Clysters also, applied at night, are very cooling and comfortable, both to the womb and the whole body. They may be made thus.

Take Chicken Broth, Boiled again with the fore-mentioned Herbs, six Ounces; Oil of Sweet Almonds and Violets, of each two Ounces; Sugar, the best, one Ounce; Yolks of Eggs, two: mingle them. When injected, let her retain it, if possible, all night: and when the heat is very great, stuff the Chicken for this Decoction, with Conserve of Red Roses.

If the disease proceed from dryness, and is so known by the symptoms above, it must be cured with moistening meats of good nourishment, and with such drinks as dilute the most. The woman should walk often, but not so much at a time as to tire herself. Rubbing likewise, about the region of the womb, will be serviceable, that the parts may be dilated, and the menstruous blood find a way down to the womb. Baths also are proper; and Ointments, made of mucilages of the Seeds of Piyilium and Quinces. Besides Clysters, which, on this occasion, should be thus prepared.

Take Decoction of Marsh-Mallows and Violets, of each eight Ounces; Fresh Butter, three Ounces: mingle them.

All evacuations must here be avoided; for they increase the dry habit.

Finally, when the disease proceeds from an ill formation of the parts, medicines are too often unprofitable. In such cases, the quantity of the blood must be lessened by phlebotomy, where the patient can bear it; and where she cannot, it must be diverted some other way, by a thin diet, frequent exercise, and frictions all over the body, especially early in the morning; by which means the blood will be turned from the inner parts of the body to the outward, and part of it discussed. Baths moderately hot, are also good. And these things may be sufficient for married women, who receive advantage by conversation with their husbands; but in maids and widows, it hath sometimes been thought proper to provoke.

voke the piles, or to open issues. However, what is already said, without farther advice, unless where the case is very extraordinary, will be sufficient for every one's direction; it being not frequent that any other remedies are wanting in the most obstinate disorders of this kind, than what are here inserted, and in the former Section concerning obstructions, which may be consulted.

And the same means will also be sufficient, when the menstruous flux, for want of its natural evacuations, breaks out by contrary ways; as by the mouth, the nostrils, the nipples, the fundament: the cause of which is generally some violent passion of the mind, or great disturbance, happening when the courses are ready to flow. It may likewise be occasioned by obstructions, such as before have been treated of, or by violent pains, or by the weakness of the parts through which the blood finds a passage: for the weaker parts always receive what the stronger repel from them. Or it may proceed from some external cause, as drinking cold water unseasonably, washing the feet or legs, or using vinegar immoderately, when the courses are near.

The cure of these disorders, I say, whenever they happen, must be by the same way as the former: that is, first, by evacuation of the superfluous blood; and secondly, by recalling it to the lower parts, by heating, moistening, and opening them; observing at the same time, to keep the upper as cool as possible. But both these intentions have frequently been answered by bleeding in the foot, three or four days before the blood flows; by applying cupping-glasses to the thighs, legs, and hips, with scarification; by hot baths, frictions, and walking; and by unctions, uterine clysters, and fomentations, made of the opening herbs above-mentioned. This only I would note further, and then refer to the Section concerning suppressions; that in hot bathing for these disorders, the water should never reach above the upper part of the belly.

But there is scarce any thing of greater difficulty to physicians, than to manage women who are under any irregularity with regard to their courses, at the same time that they have other diseases on them, which is what we call a complication of the courses with other distempers. This

This may happen, either when a disease comes on just as the courses are about to flow ; or, when by reason of the invasion of a disease, the courses flow before their due time ; or, when the courses flow at their accustomed time, yet happen to come at the beginning of a disease ; or, when the courses being suppressed or diminished, a disease comes upon the patient on another account ; or, when there being a pre-existing disease, a suppression or delay of the courses causes an increase of the disease and its symptoms ; or, *lastly*, when the courses flow unseasonably, while another disease is on the patient. I shall consider each these in their order.

First.—If the courses are about to flow when the disease is beginning, or in its progress, we must consider whether the disease be occasioned by the womb, and whether the nature of it requires bleeding ; and if it does, let the evacuation, by all means, be in the foot, as most proper to assist the menstruous purgation, and ease the vessels of their approaching burthen. But if the distemper arise from an ill habit of the whole body, or affect some other principal member of it, then the present distemper is more to be considered in phlebotomy than the expected purgations, especially if the time of their coming be not 'till after eight or nine days ; for when they are very near, they ought to be more regarded. But purging medicines, vomits, and sudorifics, must be deferred 'till the courses are over, or at most must be but very gentle in their kind, lest the blood should be diverted, or hindered from flowing : for if that should be the case, the blood thus unseasonably detained, may overcharge the whole body, or rush upon the principal part affected, and cause an increase of the distemper. But if, when the usual time for the courses is over, they do not appear, it will then be proper to purge, or use such other means as the distemper may require, because the courses by such methods may be promoted : and in this case, no purges can be equal to those which are prescribed in Sect. II. concerning suppressions.

Secondly.—If by reason of a disease the courses come before their due time, it often makes one of the most difficult and dangerous cases that can happen, especially if it be at the beginning of the disease, and before
general

general remedies have been given: for if you bleed in the arm, or purge with regard to the disease, you hinder the monthly purgation; and if you do neither, you suffer perhaps the disease to increase. Those things that are proper for the disease, may stop the courses; and if the courses flow, they do not relieve the disease: for such an evacuation at the beginning and increase of a disease, is almost always pernicious, nature at that time seldom promoting any useful discharge. When such an anticipation of the courses happens, we must consider from what cause it proceeds with regard to the distemper, and treat it accordingly, so as neither to increase the one, nor suppress the other. But the management of this must be left to some person of skill and experience, it being impossible to give any general directions in cases so variable. It has been observed, however, that bleeding in the foot, is always useful, whenever there is a plenitude, or fulness in the vessels, which should be well considered. As to the flowing of the courses, when a disease is at the height, or in its decline, it is then so far from dangerous, that it usually turns to advantage, provided they flow easily; it being then the fit season for evacuation, appointed by nature herself.

Thirdly.—If the courses flow at their due time, and yet happen to fall in with the beginning of a disease, it will be proper to wait on nature, and see, after twelve hours, if the flux is like to be sufficient without help: for otherwise, bleeding in the foot will be necessary, to complete the natural evacuation, and even to help the complicated disease, if the nature of it requires bleeding. This is meant chiefly of diseases not violent; but lest they should grow so, all other means must be used, as Frictions, Clysters, and Suppositories, to encourage the menstrual flux, and get it over as soon as possible, that we may be at liberty to treat the Patient with more freedom, and more agreeable to her increasing malady. But if the disease be at first acute, as a pleurisy, a quincy, a fever, or the like, then besides bleeding for the terms in the foot, you must bleed in the arm also for the disease, if the Patient can bear twice bleeding: if not, you must respect the most violent indications rather than the weakest, and bleed in the arm preferably

preferably to the foot: only avoiding Cathartics, Emetics, and Sudorifics, till the courses are over; because the helps that these may contribute towards removing the disease, are not equal to the hurt they would do in retarding the courses.

Fourthly.—If during a suppression of the courses, another disease comes on the Patient, in that case we must consider whether the suppression has been of short or long continuance, and whether the new distemper may not possibly proceed from it: for if it does, there is no question but we must treat the Patient as in other cases of suppressions, before we regard the concomitant disorder; according to that approved maxim, *Remove the cause, and the effect will cease.* Even if the suppression be new, provided the disease be light, and not thoroughly understood, it will be proper to attend awhile the flowing of the courses, and endeavour to help them by gentle means, before you make use of other medicines, which may tend to retard them; because in slight diseases, the indication from the courses stopped, is more to be minded than the disease itself. But in acute and violent distempers, such as those mentioned in the preceding paragraph, certainly those remedies must be administered which the distemper requires, according to the directions, and with the exceptions there set down.

Fifthly.—If, while a woman is afflicted with any other distemper, a delay of the menstrual flux occasions an increase of that distemper and its symptoms, we must still begin with bleeding in the foot, and endeavour to remove the obstruction before any thing else, provided the nature of the disease be such as will bear a truce in physic, without damage to the Patient. After bleeding, let the other means proper in suppressions be used, such as Cupping-glasses, Frictions, and Emmenagogue Medicines, as before prescribed: and when the terms have had their due evacuation, provide for the other disease, according to its nature. But here, as elsewhere, we must make a careful distinction, and not use the same method where the disease is violent, as where it is only slight: for acute disorders must always have immediate regard, because of the danger that attends them, and not be neglected on any account whatever.

Sixthly,

Sixthly, and lastly,—If the courses come, and are stopp'd, at the time of any disease, it will be necessary as before, to promote their discharge, or relieve the defect of it by phlebotomy, in proportion as the plenitude of the vessels may require: after which, we may purge gently, and with proper Cathartics, so as not to divert the course of nature. For in all these cases, the treatment of the Patient must be regulated by that one grand principle, of still observing the strongest indications and symptoms, and not suffering them to increase, while we regard others of less moment. It will sometimes happen, while a distemper prevails, that the courses will flow in drops only before their time; and then we must proceed as in the second case, concerning the anticipation of the courses, only with more reserve. So likewise, when this gentle dropping happens at the time when a flux is naturally expected, you must treat it, under the same regulations, according to the instructions in the third case: only as a greater oppression of nature is hereby indicated, the discharge by phlebotomy ought to be more plentiful.

N. B. Most of the remarks in this Section, at the latter end especially, and some in the preceding, are directed chiefly to Midwives, and women of skill and experience, because no others can comprehend the nicety of these distinctions. I thought it necessary, however, not to omit them, because they are the result of long and exact observation, and because those persons, for whom I design them, are always consulted in cases of difficulty, and which are singular and uncommon. For whatever may have been pretended concerning general and universal remedies, those who have depended too much on such Quackery, have found by woeful experience, that how good soever the preparations have been in themselves, it was necessary to have them skillfully applied, in due proportions, and with proper variations, in order to prevent many dismal consequences, which are but too much attendant on the most judicious practice.

Note farther, as a supplement to all that has been said concerning the courses, that it is highly proper for all the Fair Sex, whether maids or women, to keep themselves

themselves warm while their courses flow, let them come never so regularly, and drink white wine caudle, ale caudle, and other hot things of like nature, in order to promote them, both at going to bed, and an hour or two before they rise in the morning. A little mulled wine also, or ale with spice and sugar, taken moderately, may be of service between whiles.

SECTION VI.

OF THE HYSTERIC DISEASE, OR VAPOURS IN WOMEN; WITH A WORD OR TWO CONCERNING MELANCHOLY IN MEN.

THE hysteric disease is the joint appearance of numerous symptoms in women, which shew that their animal and vital faculties are greatly disordered: it proceeds from an attack of several particular causes, affecting the brain, heart, and womb; or in other words, giving an irregular motion to all the animal spirits. It may also be owing to an obstruction or cessation of the courses, to a too violent and immoderate flux of the lochia, or child-bed purgations, an impurity of the blood and juices, the whites, obstructions and uneasiness in the womb-vessels, and various other causes peculiar to women: besides that it sometimes affects them, as the hypo or melancholy does men, from an indigestion, or a crude and viscid chyle, which brings an universal lentor, or slowness upon the blood; and may be occasioned either by a sedentary and inactive life; feeding too freely, or upon gross aliment; catching cold; excess in venereal pleasures; too large evacuations of any kind, or a stoppage of such evacuations as are necessary; extreme passions in the mind, as grief, sorrow, despair.

The vapours, or hysteric fits in women, and the hypochondriac disorder in men, are the most frequent of all chronic, or lasting distempers: few women are free, more or less, from the former; and most men who lead sedentary

sedentary lives, and study hard, are afflicted with the latter. And indeed these two diseases are so very alike in many particulars, that it is sometimes not easy to distinguish them: though in fact, the greatest number of symptoms in the hysteric disease are of such a nature, and affect the Fair Sex in such a manner, that men cannot have them: and those symptoms are so numerous, that it is impossible to reckon them half; however, we shall mention some of the chief.

The hysteric fits in some women return monthly, in others three or four times a year; but most frequently the periods are uncertain, and the returns sudden. The person in the fit sometimes lies as dead; then the breath grows short, thick, and difficult; all the intestines are observed to have a violent and irregular motion, and a great swelling arises in the throat, idly by some supposed to be of the womb; and by this the person appears to be almost strangled. This tumour is more probably supposed to proceed from the irregular motion of the spirits and juices, which causes a plenitude or over-charging of these Parts. During this time likewise the extremities are strongly convulsed and contracted, the patient being then possessed of more strength than is natural; the pulse is strong and intermitting, the voice sometimes hoarser, and sometimes smaller than ordinary. The person, towards the end of this violent fit, talks wildly, and sometimes obscenely; laughs, or cries, without the least apparent cause; and when tired out, as it were, with acting this mixed scene, falls again into the other extreme, lies speechless, with a weak and low pulse, the extremities cold, and the eyes closed. Soon after this the violent fit returns again: and thus the patient is sometimes held, with intervals, for the space of an hour or two. After the fit is gone off, she complains of an universal foreness, dulness, swimming, and dizziness of the head: and presently falling asleep, the disorder entirely goes off for the present time.

These, I say, are the most usual symptoms of a violent attack: but so various is this disease, in its utmost extent, that it resembles almost all disorders that mankind are subject to. Whatever part it seizes, it immediately

diately produces such symptoms as belong to those parts when affected with a real distemper. Thus when it possesses the head, a violent pain is felt in one part, which seems fixed; and the whole seat of it may sometimes be covered with the top of the thumb: this pain is attended with reaching, and frequently with vomiting. Thus too when this disease attacks the spirits, some violent commotions of mind are presently occasioned. In short, when we speak of hysteric diseases, or vapours, we seem not to speak of one, but of a whole legion of distempers, which produce head-achs, giddiness, convulsive motions, palpitations of the heart, rumblings of the stomach and bowels, difficulty of breathing, hiccup, loss of senses, both external and internal, and every other disorder, at least to appearance.

But to be yet more particular: it sometimes occasions such a palpitation, or motion of the heart, that the patient verily believes those who are near her may hear the thumps against her ribs: sometimes it promotes a coughing without intermission; but the patient all the while expectorates nothing; sometimes it falls violently upon the parts between the stomach and the bowels, or about the region of the heart; and causes an excruciating pain, like the twisting of the guts; when the woman vomits up a green matter, or otherwise discoloured, in great quantity: this pain and reaching often goes off with jaundice-like indisposition, that tinctures the surface of the body like saffron: the sick person is here much dejected, and desperation as certainly attends this species of the vapours, as the pain and vomiting abovementioned. When the disease falls upon one of the kidneys, it causes a pain there representing the stone, or stone-cholic; and it is often difficult to distinguish it from the distemper it represents, unless by having remarked in the woman some uneasiness of mind before, we learn from thence that it is the hysteric disease. Nor is the bladder free from its pernicious effects; for sometimes, though not often, it stops the urine, and causes pain there like the stone, sometimes falling upon the stomach, it causes continual vomiting; and sometimes, by fixing on the guts, a looseness: but generally no pain accompanies these two last symptoms: though oftentimes, in both, the green humour before mentioned appears in the evacuations.

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And

And as this disease afflicts almost all the inward parts, so sometimes it seizes all the outward parts, and muscular flesh, occasioning pain, and not seldom swellings in the jaws, shoulders, hands, thighs, and legs, but most conspicuously in the latter; and, contrary to swellings in the dropsy, this is most visible in a morning; nor does it leave a pit, when pressed, like the dropsy, nor often affects more than one of the legs at a time. Even the teeth are not secure from the assaults of this disease, though they are not hollow; and notwithstanding there is no apparent defluxion that may occasion the pain, yet it is altogether as violent, durable, and hard to cure, as when there is.

But among all the torments that accompany the hysterical disease, there is none so common, I may venture to say so certain, as a pain in the back; which all women without distinction feel, more or less, how little soever they are afflicted with the vapours. It is usual also, that after these pains are gone off, there is a stiffness, numbness, or soreness of the part, as if the patient had been beaten, so that she cannot bear to have the places touched: but this tenderness wears off by degrees. And it is worth observing, that a considerable coldness of the outward parts often makes way for these symptoms, which for the most part does not go off till the fit ends: and that all hysterical women, moreover, complain of a dejection and sinking of the spirits; and when they are required to shew the place where they seem to be affected with this sinking, they always point to the region of the lungs.

Of the many symptoms however, that attend upon this disease, there is not one more infallible, or more inseparable from it, or that so surely distinguishes it from all other disorders, as the colour and quantity of the patient's urine: for this, in the vapours, is as clear as rock water, and comes away, when she makes it, in great plenty, especially when just before she has found herself faint and sickish. Moreover women, in this distemper, are subject to belch up ill fumes as often as they eat, though they eat only moderately, and according to their appetite. In fine, they are continually changing from one extremity of temper to another, being both very merry and very dull in a short space of time.

It is reckoned, that of the several degrees of the hysterical disease, the worst is when many parts suffer convulsions, and the exercise of the senses is interrupted; and the least dangerous where the mind is unaffected, or affected so little as to preserve its faculties entire, and but one or two parts are convulsed, without suspending or interrupting the vital functions. In general, these disorders of themselves seldom endanger life; but in those who abound in humours, and whose habit of body is overcharged, they prove more violent than in thin constitutions. When they proceed from a suppression of the monthly courses, and especially if attended with grief, they are usually both violent, and of long continuance. If they remain till old age, they are often the cause of lunacy; and weaken the nervous system so far, as to occasion a continual panic, or ill-grounded fear, the consequence of which is almost the same as if the danger were real. Young women, when they first begin to breed, generally feel something of this disease; but it frequently ceases of itself as they grow in years, or proceed to have children. It may be of ill consequence, however, to women with child, and to those in child-bed; to the first, because it may be the cause of miscarriage; and to the last, because the weakness they contract in labour, makes them less able to bear up against it.

Cheerful company, a good air, and the moderate use of wine, are of great importance in the cure of this distemper. In other respects, whatever aliments and exercises tend to promote a good digestion, liquify the juices, nourish and fortify the blood, are here proper: and all others should carefully be avoided.

The cure of the vapours in general is two-fold; in the fit, especially when it is violent, and of long duration; and out of the fit, to prevent its coming again. In the fit, if the patient have a full habit of body, and the convulsive strugglings are violent, bleeding is generally allowed to be proper, though it stands condemned by some modern physicians. But whether bleeding be used or omitted, it is proper to apply Vinegar, volatile Salt of Hartshorn, Spirit of Salt Armoniac, Galbanum, Asafoetida, Hellebore or Euphobium Snuff, or other things

things of like nature, to the nose. Also brown paper, or feathers set on fire, and held fuming under the nose, are vulgarly observed to be of service in recovering the patient from her fit. Likewise a few drops of Tincture of Castor, or Sal Volatile Oleosum, may be given in cold water; or, which are more proper vehicles, in Penny-royal or Hysterick Water: and it will be useful to anoint the nostrils with a mixture of Oil of Amber, Oil of Castor, and Spirit of Hartshorn, of each an equal quantity.

Instead of the Tincture of Castor, or Sal Volatile Oleosum given singly, the following composition, if there be opportunity to get it, may be given to advantage.

Take Penny-royal, Rue, and Hysterick Waters, of each three Ounces; Syrup of Mugwort, one Ounce and a half; Sal Volatile Oleosum, compound Spirit of Lavender, of each three Drams; Sydenham's Liquid Laudanum, one Dram; Aurum Mosaicum, one Dram and a half; mix and make a Julep: of which let the Patient take four spoonsful every hour while the fits are on her, in order to procure sleep.

Or, in the room of it, the following Draught may be given every two hours;

Take Troches of Myrrh and Gum Ammoniac, of each one Scruple; Rue Water, two Ounces; Hysterick Water, six Drams; compound Spirit of Lavender, Tincture of Castor, and Spirit of Hartshorn, of each thirty Drops; fine Sugar, a sufficient Quantity to sweeten it. When the Patient appears to have great need of sleep, and cannot procure it, twenty Drops of Liquid Laudanum may be added to the other ingredients.

If the person be young, unmarried, and of a sanguine constitution, instead of the simple smelling medicines abovementioned, the following may be used.

Take Asafœtida, two drams; Camphire, one Dram; White Wine Vinegar, four Ounces: make a mixture over the

the Fire. While it is hot, let the fumes be received in at the mouth and nostrils, and it will help to recover from the fit.

Also, if the Case require it,

Take White Wine Vinegar, half a Pint; the best Myrrh and Asafœtida, of each two Drams; Sugar of Lead and Camphire, of each one Dram: dissolve it into a mixture over the Fire, and foment the lower region of the belly and parts adjacent, with linen cloths dipped in it according to art.

In the mean time, let a Galbanum Plaister, with a little Asafœtida, be applied to the naval: and if the fit continues long, in spite of the preceding conduct, give a Dram of Asafœtida to drink, dissolved in four Ounces of Penny-royal or Rue Water. The hands and feet all this time should be kept extended, the joints should be bound tight, and a broad bandage rolled round the belly; for these external means are of service many times. Nor will it be amiss, if the patient have a tolerably good constitution, to give her a laxative Clyster towards the decline of the fit.

Supposing now the fit to be entirely gone off, and the patient recovered for the present, the next thing to be considered is how to prevent a relapse. To answer this end, if the patient be brisk, and of a sanguine constitution, foetid and detergent medicines are the most proper: but if of a weak, pale, and sickly complexion, a mixture of Steel with nervous aromatics, and detergent foetids, will succeed the best. In some aged persons, whose nerves are weak, perfumes prove more effectual than foetids; though this is not frequent. I shall introduce descriptions of every kind, and suited to all habits, in the course of this Section: for, as I have elsewhere observed, there is no other way of proceeding with safety, and proper hopes of success, whatever mistaken people may imagine, who depend on universal medicines.

I before mentioned a Clyster on recovering from the fit. And indeed, take it in general, hysterical women cannot

cannot bear much purging; for which reason Clysters are here often substituted in the room of Cathartics. These Clysters should be well charged with anti-hysterie ingredients, after the following manner.

Take round Birthwort Root, an Ounce; Rue, Penny-royal, and Camomile Flowers, of each a Handful and a half: boil in a sufficient Quantity of Water to ten Ounces; in which dissolve strained Asafætida, one Dram; Oil of Amber, two Drams; Oil of Camomile, an Ounce; brown Sugar, a Spoonful or two: mix for a Clyster.

But when internal purgatives may be administered with safety and advantage, the following are well suited to this intention.

Take Tincture of Hiera Picra, two Ounces and a half; Elixir Proprietatis, one Dram: mix for a draught.

Or,

Take Fetid Pill, and Pill Ruffi, of each fifteen Grains; Volatile Salt of Amber, and Castor pulverised, of each five Grains; Oil of Penny-royal, two Drops; Syrup of Buckthorn, a sufficient Quantity: make six Pills, of which let two be taken at going to bed, and the rest the next morning early.

Or,

Take Root of Black Hellebore, one Dram; Rhubarb Root, two Scruples; Sena Leaves, two Drams; Salt of Tartar, half a Dram; Rue and Penny-royal Waters, of each two Ounces and a half: boil them over a slow fire; and, when strained, add Syrup of Buckthorn, one Ounce; Sal Volatile Oleosum, Tincture of Castor, and compound Spirit of Lavender, of each half a Dram: drink it in a Morning early, and observe a due regimen all the day.

Either of these Cathartics, as it shall be most agreeable to the patient, may be taken, and repeated once a month, or oftener, if required. And if the blood be very viscid, she would do well to take half a Scruple of Calomel over night, made up into a Pill with Conserve of

of Rue; the Cathartic being taken next morning. But for such patients as are ancient and weak, it will be sufficient to use only some of the following anti-hysterics, omitting all sorts of evacuations, unless where costiveness makes them necessary, and there a Clyster may suffice.

A Preparation to Smell to.

Take Gum Galbanum, and Asafœtida, of each two Drams; Camphire, one Dram; Volatile Salt of Hartshorn, Gum Ammoniac, and Myrrh, of each half a Dram; Oils of Rue and Penny-Royal, of each six Drops; Oil of Amber, twenty Drops; Elixir Proprietatis, enough to make them into a Mass: which put into a box, and smell to often. When the mass grows dry, you may moisten it again with Tincture of Myrrh, and Oil of Amber. But if a Liquid be desired for the same purpose, there can be no better than this:

Take Tincture of Asafœtida, and Spirit of Hartshorn, of each two Drams; Elixir Proprietatis, and Tincture of Castor, of each one Dram; Oil of Amber, two Scruples; Oil of Camphire, half a Scruple; Mix, and keep in a proper Bottle. These Drops may be taken inwardly, provided the Oils of Amber and Camphire are omitted. Their quantity for a dose is about half a Dram, three times a day, along with white wine and water, or penny-royal water, or, which is still better, the hysterie drink hereafter mentioned.

When the head is dull, and the thoughts confused, it may be proper, now and then, to make use of the following Sternutatory.

Take Tobacco, pulverized, one Ounce; Asarabacca, two Drams; the best Castor, one Dram; White Hellebore, half a Dram; Mix, and make a Snuff.

Solutions of the Fœtid Gums, that is Asafœtida, Galbanum, and Gum Ammoniac, are excellently adapted to all hysterical cases, where their nauseousness can be dispensed with. But in delicate constitutions, which cannot bear the Asafœtida, or Galbanum, both
which

which add much to the efficacy, we must be content with dissolving the Gum Ammoniac only.

The entire Prescription may be thus :

Take Gum Ammoniac, two Drams; Asafœtida, one Dram; Black Cherry and Penny-Royal Waters, of each three Ounces; Compound Briony Water, two Ounces: dissolve the Gums, strain the Liquor, and add Tincture of Castor, two Drams.

Or thus,

Take Gum Ammoniac, two Drams; Galbanum, two Scruples; Rue Water, and simple Cinnamon Water, of each three Ounces; Piony Water, two Ounces: dissolve and strain as above, but omit the Tincture of Castor.

Three or four spoonsful of either of these may be taken twice in a day; but where the Galbanum or Asafœtida is omitted, it should be repeated oftener.

When the complexion is pale, the blood poor, and its circulation languid, or the patient weak and aged, the following Powders may be of great service :

Take compound Powder of Arum Root, and Preparation of Steel, of each half a Scruple; Troches of Myrrh, fifteen Grains; Powder of Saffron, five Grains: Mix for a single Dose.

Or,

Take Peruvian Bark, fifteen Grains; Salt of Steel, Species of Diambraë, and Virginia Snake Root, of each five Grains: Mix and take as above.

Of either of these let her take two Doses a day, drinking after it four spoonsful of a Julep that may be thus made :

Take Black Cherry Water, Alexiterial Milk Water, and Rue Water, of each two Ounces; Aqua Mirabilis, two Ounces and a half; Aurum Mosaicum, one Dram; Syrup of Saffron, one Ounce; Sal Volatile Oleosum, one Dram; compound Spirit of Lavender, two Drams: Mix them well.

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The following Drops, also, are suited to the same intention, and may be taken thirty at a time, twice or thrice a day, in a glass of Wine or Julep.

Take Elix'r Proprietatis, Spirit of Hartshorn, Tincture of Steel, of each two Drams; Tinctures of Asafætida and Castor, of each one Dram: Mix them well.

When the return of the fits is very frequent, and other means have been ineffectual, the following Pills become highly proper, and seldom fail of curing the patient.

Take Asafætida, Piony Seeds, Stinking Orache, Myrrh, Gum Galbanum, and Gum Ammoniac, Saffron, Volatile Salt of Amber, Salt of Hartshorn, Powder of Castor, and Balsam of Peru, of each one Dram; Extracts of Black Hellebore and Gentian, of each two Drams; Oils of Rue and Savine, of each ten Drops; Elixir Proprietatis, and simple Syrup of Piony, of each alike, enough to make the whole into a Mass. Divide every Dram into ten Pills, of which let five be taken at a time, twice every day, drinking after them four spoonsful of the following medicated Wine.

Take Live Wood Lice, four Ounces; Root of Cassia-munair, Wild Valerian, and Male Piony, of each one Ounce; Virginian Snake Root, Galangals, Cinnamon, Carraway Seeds, and Sweet Fennel Seeds, of each half an Ounce; Lisbon White Wine, two Quarts: infuse for two or three Days; then strain off, and add four Ounces of double-refined Sugar.

Both the Pills and the Wine are wonderfully adapted to answer this intention, they having between them, in due proportion, almost all the ingredients that are of acknowledged efficacy in hysterical and hypochondriacal disorders; as may be seen, by comparing them with the other compositions in this Section. If the patient, however, be of a sanguine constitution, the Cinnamon and Carraway Seeds may be left out of the Wine, and two Ounces of Black Hellebore Root substituted in its room. If she be very sickly and weak, add two Ounces
of

of Filings of Steel. Medicated Ales, also, might be made with the same ingredients, and the same variations, according to the complexion of the person.

As I promised to be very particular in this article of complexion, and directing the medicines with a due regard thereto, I shall once more distinguish between sanguine and plethoric persons, and those who are of a contrary habit, called by the physicians leucophlegmatic, or pale and low. For the former sort, the following Bolus and Decoction are well suited, in all hysterical and hypochondriacal disorders whatever.

Take Conserve of Rue, one Scruple; Black Hellebore Root, and Wild Valerian Root in Powder, and Pulvis ad Guttetam, of each half a Scruple; Myrrh in Powder, and Salt of Amber, of each five Grains; Camphire, six Grains; Asafoetida, four Grains; Oil of Penny-Royal, one Drop; Syrup of Stinking Orache, or Anti-hysterical Syrup, enough to make a Bolus. Take two of these in a day, drinking after it four ounces of the following medicated Liquor.

Take Woods of Sassafras and Guaiacum, of each one Ounce; Raisins of the Sun, stoned, two Ounces; Boil them in a sufficient quantity of Spring-Water; when they are almost Boiled, add Horse-Radish Root half an Ounce; common Daucus Seed, bruised, and Juniper Berries, of each three Drams; Orange Peels, two Drams; Rue, Camomile Flowers, Mugwort, Stinking Orache, of each half a Handful: Strain the Decoction, and add four Ounces of common Briony Water.

But in pale and thin constitutions, the following Bolus, or Electuary, which the patient shall choose, will be more proper, drinking after it a glass of common White Wine.

The Bolus is thus made.

Take Conserve of Rosemary, one Scruple; Myrrh, Castor, Species Diambrae, Saffron, and Salt of Steel, of each five Grains; Oil of Nutmegs, one Drop; compound Syrup of Pionies, or Anti-hysterical, enough to make a Bolus. To be taken, as the former, twice in a Day.

Or,

Or, if any *Electuary* be more agreeable,

Take Cassamunair and Wild Valerian, in Powder, of each half an Ounce; Castor, Ens Veneris, Cinnabar of Antimony, Preparation of Steel with Sulphur, of each two Drams; Electuary of Bay-Berries, Conserve of Rosemary-Flowers, of each two Drams; Gum Ammoniac, one Dram and a half; Syrup of Steel, a sufficient quantity to make an Electuary. Let the quantity of a large nutmeg be taken three times a day.

Both in hystERIC and hypochondriacal cases, a gentle Vomit once a month is of good use; taking after it about twenty or thirty drops of the Anodyne Balsam, prescribed page 56. Blisters and Issues, have also been found useful in these distempers, when other means have been unsuccessful without them. As to Opiates, though they have been much recommended, yet no certain rule can be given as to the exhibiting and repeating of them in these cases. But where they are found necessary, as when the patient is very much fatigued, either by the fits, or by the operation of medicines, nothing better can be administered to answer their intention than the aforesaid Anodyne Balsam.

The Peruvian Bark, or Jesuits Powder, taken with the foetid Gums, hath sometimes been found effectual in the hysterical disease. Also drinking of chalybeate, or mineral waters, when the blood is viscid, in a clear air, has alone been sufficient. The waters of the Spaw, Tunbridge, the Bath, have all been severally recommended on this occasion. But in hectic or decayed constitutions, a milk diet, and frequent riding in the open air, is often the last resource, and sometimes succeeds beyond expectation.

I have often, in this Section, mentioned the hypochondria, together with the hysterical disease; because the same remedies that are good in this latter, are usually the most efficacious in the former: but it may be expected from my title, that I should be a little more particular concerning it. I will only add to what was before said, that those symptoms which it has in common with the hysterical disease, are seldom so violent.

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The rising in the throat, so terrible to women, is not often so to them. And instead of those compound hysterical fits, hypochondriacal men have only a great dread or panic upon their spirits; the head is gloomy; a little business distracts it; and a seemingly settled sadness hath surprising intervals of joy, and uncommon briskness. Something like this, perhaps, every one has found, at one time or another.

Though I have already multiplied medicines for these diseases, yet I will venture to introduce a few more; taken, as well as the former, from present practice, and the most unquestionable experience. The patients, no doubt, in these whimsical distempers, will be very whimsical in the choice of their remedies: but among a great many good, in all likelihood they will fix on one.

The *Splenetic Pills* are thus made.

Take Spikenard, in fine Powder, a Dram; Asafetida, strained, and Ens Veneris, of each half a Dram; Oil of Amber, eight Drops; Balsam of Peru, a sufficient quantity to make them into Pills.

Or this,

Take Ens Veneris, four Scruples; Saffron, Long Pepper, Virginia Snake Root, and Spikenard, of each a Scruple; Galbanum, four Scruples; Tincture of Myrrh, a sufficient quantity to make Pills.

In all hysterical and hypochondriacal disorders, both these are excellent; and by continuing for some time, to take three or four at a dose, twice at least in a day, they will prevail against the most obstinate and inveterate complaints of this kind. The following, also, is calculated for the same purposes, and is entirely good in gross and foul habits, inclining to the Jaundice or Dropsy, especially if the constitution be robust of itself, though spoiled perhaps by intemperance: But care must be taken not to administer it in contrary habits, because the Cathartics make it not so proper. The dose is five or six at a time, twice in a day.

Take

Take Species of Hiera, two Ounces; Salt of Steel, half an Ounce; make them into Pills with Syrup of the five Roots, or Extract of Gentian.

But perhaps the Ecphratic Pills of *Sylvius*, which here follow, are superior to all the rest in desperate cases; they being prevalent, by a continued use, not only in all hysterical and hypochondriacal disorders, but even in that height of melancholy, which is justly called distraction: for they cut and wear away those viscidities, which not only clog the viscera, but even fur up the passages of the nerves, and interrupt sensation, and that communication which the mind has with the senses. They may be taken three, four, or five at a time, according to the case, and the patient's habit of body, twice at least in twenty-four hours.

The *Ecphratic Pills* are thus made:

Take Gum Ammoniacum, strained, two Scruples; Salt of Steel, calcined to Whiteness, one Scruple; Myrrh and Castor, of each fifteen Grains; Saffron, half a Scruple; Troches of Albandal, a Dram; Rosin of Jalap and Scammony, prepared, of each a Scruple; Oil of Fennel, five Drops; Elixir Proprietatis, enough to make them into Pills.

If Electuaries should be more agreeable than Pills, the following are the most approved in the present refined practice, and will not fail of answering all the intentions of the before-mentioned Pills, and whatever may be required in hysteric disorders.

An *Hysteric Electuary*.

Take Conserve of Rue, one Ounce; Electuary of Bay-Berries, half an Ounce; Gum Ammoniacum, two Drams, dissolved in a sufficient quantity of Tincture of Castor; Powder of Myrrh, one Dram; Saffron, half a Dram; Anti-hysteric Syrup, a sufficient quantity to make an Electuary.

This is good against all kinds of fits and convulsions, that arise from disorders of the womb, and a too great rapidity in the blood and spirits. It helps also to clear the glands, and make a free passage for the nervous fluids in the smallest fibres. Its dose is the quantity of a nutmeg, two or three times a-day.

Another, usually called the *Splanchnic Electuary*.

Take Conserve of Rosemary-Flowers, one Ounce; of Roman Wormwood, half an Ounce; Electuary of Bay-Berries, two Drams; Powder of Black Hellebore, and Pellitory of Spain, of each two Drams; Salt of Amber, one Dram; Saffron, two Scruples; Gum Ammoniac, two Drams, dissolved in a sufficient quantity of Tincture of Castor; Anti-hysterical Syrup, enough to make an Electuary.

The whole compass of physic cannot furnish out a more effectual remedy than this, against all those disorders, which pass under the names of spleen, vapours, hypo, and the like. Its continued use for some time, will not only render the blood, and all the animal juices, duly fluid, but so scour the recesses, and secret meanders of the body, that the mind, the director of animal actions, may meet with no impediments. It may be taken, as the foregoing, two or three times a-day, about the quantity of a nutmeg; and if duly followed, will prevail even in madness.

The following Hysterical Drink also may be made for common use, and a draught of it taken after every dose of the Electuary.

Take Roots of Madder, Smallage, Butcher's Broom, Zedoary, of each four Ounces; Leaves of Motherwort, Penny-Royal, Mugwort, of each two Handfuls; Thyme, Dittany of Crete, of each one Handful; Daucus Seed, three Ounces; Grains of Paradise, one Ounce; Filings of Steel, half a Pound. Hang them in a bag in four Gallons of Ale, during its Fermentation, and keep the Liquor for Use.

N. B. Persons who have little exercise, and have not been used to malt liquors, may impregnate so much

much wine with the same ingredients, and it will do better.

If neither Pills or Electuary should be acceptable to the patient, the following grand Hypochondriacal Elixir may be used in their room.

The Grand Hypochondriacal Elixir.

Take Roots of Valerian and Cassamunair, of each two Ounces; Black Hellebore, four Ounces: digest for twenty-four Days in two Pounds of rectified Spirit of Wine; then strain and press it out hard, and put to it Extract of Saffron, one Ounce; Salt of Steel, half an Ounce; distilled Vinegar, eight Ounces; digest these for some days together in a close Vessel; and then pour off, and filter for use.

This is a most efficacious medicine in all melancholy, hypochondriacal affections in either sex; and there is hardly a case so obstinate as to resist it, if it be long continued. It keeps the body a little laxative, opens by urine, and will in time, (for time there must be in all these cases) scour the glands, and most remote recesses of the body, clearing them of those adhesive slimy humours, which spoil the motions of the spirits, and lay a load, as it were, upon the principal wheels of the animal machine; from whence arise those perturbations of mind, and interruptions of reasoning, that put a person into a state little better than that of distraction. It is peculiarly excellent also against disorders from hysterical causes, and will seldom fail of entirely removing them. It may be given from ten to forty drops; but the usual dose is between twenty and thirty, in a glass of Hysteric, or compound Briony Water, or any other suitable vehicle. Some put into the composition of this Elixir a little Salt of Amber, which adds to its efficacy, but renders it more unpleasant to take. The patient therefore should consider, whether or no she can put up with this inconvenience, for the sake of greater benefit; and proceed accordingly.

I shall subjoin here the most excellent Anti-hysteric Syrup that ever was contrived, and which every woman, troubled with uterine disorders, ought always to keep

by her, in order to make up with it all the Boluses and Electuaries that she may have occasion to take, and also to sweeten all her Juleps and Decoctions.

The Anti-hysterie Syrup.


Take Gum Ammoniac and Galbanum, of each one Ounce; Russia Castor, two Drams; Roots of Valerian and Cassamunair, of each two Ounces in gross Powder: digest all in a circulatory Vessel five or six Days, with a Sand Warmth, in two Pounds of Penny-Royal Water: afterwards pour off the Liquor from the gross Dregs, and melt with it, in the same close Vessel, three Pounds of fine Sugar.

In the foregoing Electuaries, I have substituted this in the room of Syrup of stinking Orache, and Syrup of the Five Roots, which are directed in the *London Dispensatory*, because its virtues undeniably are much greater. It may also be used in the Pills, if the patient thinks proper, instead of the other Syrups or Balsams: but the quantity that can enter into these compositions is so very small, that it is not there material: whereas in Boluses and Electuaries, the Syrups make up a very considerable part of the whole preparation.

Notwithstanding that I have here set down such a great number of medicines, in regard to different complexions, and particular antipathies, (which are more to be expected in this disease than in any other) I would have the patient, by all means, stick to those she begins with, for at least a month; because disorders of this nature, that require so great an alteration to be made in the whole habit, do not suddenly give way, so as to be perceived, to the use of remedies. But every one may depend upon it, morally speaking, that if she selects those preparations, which, according to the instructions here given, are found to be best adapted to her case and constitution, she will not fail in due time, and by keeping constantly to them, to reap the benefit, and get rid of a disorder, which alone contains in it almost all the distempers that we are subject to.

Before I end this Section, I must take notice of one disorder, which is often a symptom of the hypochondriacal

cal disease, but which has not yet been mentioned; I mean that which is vulgarly called the *Night Mare*. It is usual with persons afflicted therewith, to say they have been *Hag-ridden*, because they have felt an imaginary weight pressing upon their stomach in the time of sleep, which ignorance formerly attributed to some supernatural cause. This, as well as the other symptoms, proceeds often from bad digestion, or a thickens in the blood, which hinders its circulation, especially through the small capillary vessels of the lungs. It usually follows full meals, late suppers, or the eating of improper things. The person seized with it, is greatly disturbed in his sleep, by frightful dreams, or dismal apprehensions. He loudly bemoans himself in groans, as if at the point of death. He breathes thick and short, and sometimes rattles in the throat. It is not easy to awake him; and when that is done, he complains of having sustained a great pressure on his breast, which he still feels, though in a lesser degree. This symptom is not reputed dangerous, unless it becomes apoplectic or epileptic. When it is occasioned by a sluggish circulation, exercise is highly adviseable, and now and then a glass of generous wine. A dry, clear, and brisk air, is also proper; and moderate sleep, taken at a due distance from meals. Bleeding, and a gentle vomit, will remove it, when occasioned by too great a fulness of the vessels. And when it attends on melancholy, and proceeds from a viscidty of the blood, after a few mercurial purges, a course of Steel Bitters may be serviceable, or preparations of Black Hellebore Root and Salt of Wormwood, made up with Anti-hysterical Syrup; for these will thin the blood greatly. But if the distemper proves obstinate and troublesome, which it seldom does, it is then to be treated as an hypochondriacal or hysterical case, in all its forms, and according to the directions in this Section.

 See more of this disorder in the Sections on diseases of the head, brain, and nerves.

SECTION VII.

OF THE GREEN-SICKNESS.

THE Green-sickness is an obstruction in the womb-vessels of young females, under or about the time of their courses beginning to flow. It is attended with a viscosity of all the juices, a fallow, pale, or greenish colour of the face, a difficulty of breathing, a sickness in the stomach at the sight of proper food, and an unnatural desire of feeding on such things as are accounted hurtful, and unfit for nourishment. It is also called by physicians the White Fever, the Love Fever, the Virgin's Disease, and the White Jaundice.

It sometimes seems to proceed from an alteration of the fluids, about the time that the menses first begin to flow, or from the inaptitude of the vessels to perform those discharges which nature then calls for. It may also proceed from an obstruction in the bowels, or a sluggish languid motion of the blood, whether natural, or acquired by ease, indulgence, or want of exercise: and this latter, no doubt, is the case, when the distemper happens to very young girls, who are not capable of suffering an hysterical disorder. Finally, it may proceed from a longing desire after the enjoyment of some particular person; or, in general, from a violent inclination to exchange a single life for the state of matrimony.

This disease sometimes, though not frequently, happens to children about eight or nine years of age: but the most usual time is at about thirteen or fourteen, when it generally continues till the terms appear. It is known, as before observed, by the paleness, greenishness, or leaden colour of the face, which is also swelled in some persons, but especially about the eye-lids, and after sleep. The thighs, feet, and parts about the ancles, swell and pit towards night, especially when the disorder proceeds from obstructions; the whole body being then lax and soft. There is an universal dulness and disinclination to exercise; and the patient complains of

of a pressure, or weight, chiefly about the loins, and the extremities of the body. Upon any brisk motion comes on the difficulty of breathing, and the tension and quick pulsation of the arteries in the temples, which seem to beat with great violence: also a heavy, and frequently a lasting pain of the head, and sometimes a palpitation of the heart. The pulse, generally speaking, is quick and low, attended with a small feverishness, and a loss of the natural appetite: but chalk, coals, stones, clay, tobacco-pipes, and other things of like unwholesome nature, ought to be kept as much as possible out of the patient's way; for she generally has more inclination to these, than to a proper diet.

The Green-sickness is seldom dangerous, though it often proves of long continuance: but when very violent, and too much neglected, proceeding from a suppression of the monthly courses, and attended with the whites, it may in time bring on weakneses, hard swellings, and barrenness. When it happens some time before the menses ought to appear, and they break forth without obstruction, it is usually cured upon this eruption, without farther means. If the whites come after the Green-sickness has been long fixed, it is held to be a bad sign; if before, and it happens upon the stoppage of the menstrual flux, it often proves critical; if the courses flow regularly during the distemper, it is accounted a good symptom, and there is no danger.

To forward a cure, the patient ought to be placed in a thin and clear air, to drink tea, barley-water, and other attenuating liquors, warm, and made agreeable to the palate. Her food should be nourishing, but easy of digestion, and not such as may inflame. Moderate exercise every day, such as walking, riding, stirring about the house, is very serviceable, notwithstanding the difficulty and uneasiness that attends it, and the great antipathy of the patient to any sort of motion. Sleep ought to be moderate, and taken at a due distance from meals, not till an hour or two, at least, after supper. All passions of the mind, especially those of melancholy and despair, are highly prejudicial: if the disease, therefore, be found to proceed from a settled inclination after marriage, the parents of the patient would do well
to

to provide her a suitable match, as the most effectual cure; or, if the desire be after a particular person, to let her have him, if they approve her choice. But if matrimony be not judged convenient for her, either on account of youth, or for any other reason, they must then have recourse to physical remedies, according to the following directions.

If the patient be at all plethoric, that is, if her veins be well stored with blood, bleeding will be highly proper to begin the cure; and this is to be succeeded by proper purgatives, mixed with Calomel, or the same that are prescribed in the Section concerning obstructions, *Page 39, &c.* If the menses are considerably obstructed, or the time of their first appearance seems to be at hand, the purges ought to be pretty strong, and given about the expected time of their eruption, or of their monthly returns. As to the precise quantity of the dose, all circumstances being considered, a prudent mother will be able to regulate it from the instructions in the fore-mentioned Section. In some cases, especially when the patient is very young, a vomit is often successful, being exhibited before purgation. Those Cathartics, that are either mixed along with alterative medicines, or given in such quantities that make them act as alterants, or lie a considerable time in the body before they operate, are usually very efficacious; and in weakly constitutions preferable to other purgatives. The following forms are very good.

Alterative Pills.

Take Ruff's Pills, fifteen Grains; Salt of Steel, five Grains; Oil of Savin, one Drop: make three Pills for a Dose. These should be taken at going to bed, drinking after them a draught of White Wine, and continuing the same course for ten or twelve days.

Another Sort.

Take Castor, Saffron, Myrrh, black Hellebore Root, all in Powder, of each one Dram; Gum Ammoniac, one Dram and a half; Salt of Steel, four Scruples; best Aloes powdered,

powdered, two Drams; Oil of Cinnamon, fifteen Drops; Syrup of the Five Roots, a sufficient Quantity. Make ten Pills out of every Dram, of which let five be taken for a dose every night, drinking after them *Briony Water* and *Penny-royal Water*, of each two Ounces. These are excellent to warm and comfort the nerves, thin the blood and juices, and cause them to circulate freely. They must be continued as the others, for ten or twelve days. And indeed all Cathartics of this nature, that are intended to make an alteration in the whole animal system, which is often necessary in these cases, must have much more time to operate than those which are intended only to purge the intestines. The same directions therefore must be observed in taking the following Tinctures, which may be substituted in the room of the Pills, where these are obnoxious.

Alterative Tinctures.

Take *Tincture of Hiera Picra*, half an Ounce; compound Spirit of *Lavender*, and *Tincture of Castor*, of each half a Dram: mix for a single Dose.

Or,

Take *Elixir Proprietatis* and *Tincture of Steel*, of each two Drams: mix for Drops. Let the patient take thirty at a time in a glass of *Hysteric Wine*, or *Julep*.

After purging a due time, either with the Pills or Tincture, the patient must have recourse to the *Emmenagogue Electuaries*, or the *Uterine Elixir*, prescribed in *Seçt. II. page 46*, or to the *Hysteric Drops*, *Boluses*, or *Electuaries* in *Seçt. VI.* observing the directions there given, with regard to her constitution, and the circumstances and symptoms of her disease. And if her complexion be so very tender, that she cannot bear purging for ten or twelve days together, she may omit it every third, or every other day, as the case requires, and take on that intermediate day a dose of the *Emmenagogue* or *Hysteric Medicine*, which she finds most suitable. But when there is a good constitution, and the case happens to be stubborn, the purgatives may

may be continued to sixteen or eighteen doses, observing towards the end of the course to purge and take the other remedies alternately. When the purging is quite over, the *Hysteric Medicines* may be continued as in hysteric cases, there being no need of other instructions.

For the younger sort of females, after the use of proper purgatives, without consulting the Section of *Suppressions* and *Hysteric Disorders*, the following Electuary may be prepared, and there is no doubt of its efficacy. By the younger sort, I mean, such as are troubled with a *Green-sickness-like* indisposition before the coming down of their courses can be expected, and before they can have any inclinations or desires that may bring it on them. But though the Electuary is chiefly intended for these; yet, it has been taken with good success by those who are more grown, especially those of a weak constitution: and indeed, if this only were duly followed, for a month or six weeks together, after purging with any one of the Alteratives mentioned in this Section, I am apt to think it would prevail in most cases of the *Green-Sickness*, without other remedies.

An Electuary for the Green Sickness.

Take Steel Dust, half an Ounce; Species of Deambra, two Drams; Conserve of Roman Wormwood, six Drams; Oil of Cinnamon, three Drops; Syrup of Saffron, enough to make an Electuary. Let the quantity of a nutmeg be taken twice in a day, drinking after it four spoonsful of the following Julep.

Take Black-cherry Water, six Ounces; Compound Briony Water, two Ounces; Syrup of Citron Peels and Syrup of Steel, of each half an Ounce; Compound Spirit of Lavender and Sal Volatile Oleosum, of each one Dram: mix them well.

But it hath sometimes happened, that a *Green-sickness-like* disorder has afflicted women, who have their courses regularly. Though cases of this kind are very extraordinary; yet it would not be proper quite to pass them in

in silence; because, when they happen, they require other treatment than the common symptoms of a *Green-sickness*, and no way different from that of a *Yellow Jaundice*. This disorder proceeds from too great a quantity of bilious matter in the blood, which exhibits a yellow colour over the surface of the body. It is seldom mortal, any more than the common *Green-sickness*, unless extremely neglected. *German Spaw-water* is thought serviceable here; also water-gruel, with white wine Whey, and such medicated wines as that before-mentioned. But the best way will be to begin with purging, as in all other cases of the like nature.

Take *Tincture of Hiera Picra*, two Ounces and a half; Syrup of Buckthorn, half an Ounce; *Elixir Proprietatis*, one Dram; *Tincture of Saffron and Sal Volatile Oleosum*, of each half a Dram. mix for a Draught. Let this be taken early in a morning, and repeated two or three times a week. But if any inflammation attend the distemper, the following Pills will be more proper.

Take *Ruffi's Pills*, and *Stomachic Pills with Gums*, of each fifteen Grains; *Volatile Salt of Amber*, Salt of Tartar, and Salt of Steel, of each four Grains; Resin of Jalap, five Grains; Oil of Juniper, one Drop; Syrup of Buckthorn, enough to make Pills. Divide the whole into six Pills, which take for one Dose.

Between the evacuations, and for a week or fortnight after they are discontinued, the following Electuary will be very serviceable, observing to take about the quantity of a large nutmeg at a time, twice or thrice a-day, and to drink after it a glass of Bitter Wine.

Take powdered Wood-lice, and Venetian Soap, of each half an Ounce; Turmeric Root, three Drams; Saffron, Gum Guaiacum, and Species of Diambæ, of each one Dram; Salt of Wormwood, Volatile Salt of Hartshorn, Camphire, Long Pepper, of each Half a Dram; Syrup of Rhubarb, enough to make an Electuary.

And

And during the whole time of cure, the following Diet-Drink may be used in common, to very great advantage.

Take pointed Dock-Root, Turmeric Root, Maddar, the five Opening Roots, Liquorice, Tamarisk Rind, Juniper Berries, sweet Fennel Seeds, Mustard Seeds, Roots of Zedoary and Galangals, Orange and Lemon Peels, of each two Ounces; Cinnamon and Salt of Wormwood, of each one Dram; Nutmeg and Long Pepper, of each half a Dram; Cloves, Mace, Saffron, Cochineal, of each two Drams; live Wood-lice, one Pound; Water Germander, and the Lesser Celandine, of each six Handfuls: infuse them in six Gallons of Ale.

When the *Green-sickness* proves obstinate, it is proper to have recourse to the cold-bath, and to the use of Mineral Waters: or, an infusion may be made in Lime-Water, with *Chips of Guaiacum, Sassafras, Saunders; a little Gentian and Angelica Root, Winter Bark, and Roman Wormwood: to which add Tincture of Steel, a sufficient Quantity, in Proportion to the other Ingredients; or infuse Filings of Steel with the Woods and Roots.* This may be drank instead of the Chalybeate Waters, and will frequently answer the same purpose. *Decoctions, or other Preparations of the Jesuits Bark, with Steel Wine, and Tinctures of Black Hellebore and Cinnamon,* being continued a considerable time, are also very effectual in lax constitutions, and where the juices are viscid. But But when the *Green-sickness* is attended with the whites, it must be treated with regard thereto; for which see the *Section* on that distemper.

SECTION VIII.

OF THE FUROR UTERINUS.

THE *Furor Uterinus* is such a particular complication of hysterical symptoms, from an extraordinary fulness or inflammation of the vessels of the womb, as forms a sort of madness, wherein the patient is preternaturally disposed, or involuntarily excited, as it were, to venereal embraces. It is a distemper not very frequent; but which sometimes happens. The signs of it are very manifest, both by the gestures of the body, and the tendency of the patient's discourse; which, how great soever her natural modesty may be, will be extravagantly lewd.

The causes of this disease are usually the same with those of other hysterical disorders, but more violent in their effects. A vigorous, healthy, and sanguine constitution, high feeding, want of exercise, or a mixed conversation, may dispose to it: As may also too large a dose of Cantharides, and other provocative medicines; or indulging vehement desires, and too great familiarity, but short of enjoyment with the other sex.

Some time before the fit, the patient often appears silent and sorrowful, with a bashful, down-cast look, and an unusual flushing all over the face. Her pulse is irregular, varying from high and strong, to low and weak, and then growing strong again of a sudden: she breathes also now thick and short, and then with long intervals, heaving it out, as it were, with a sigh. These symptoms increase gradually, till the fit actually comes on: then the patient bursts out into a fit of laughter, and immediately after into a fit of crying, when the tears are plentifully shed. If a man comes in her way, she is apt to lay hold of him, and treat him with indecent fondness. In fine, those who labour under this disorder,

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appear

appear to be mad by intervals, and say and do a thousand things, which they are unconscious of when the fit is over.

If the symptoms are violent, the fits frequent and of long continuance, and especially if the patient be of a sanguine constitution, unmarried, and the case originally proceeds from a fixed amour, it is difficult of cure, and sometimes degenerates into a continued madness (of which I shall treat a little farther). But if the distemper proceeds from an obstruction or suppression of the monthly courses, from too great a quantity of blood, or from a too indulgent life, it is more easily remedied.

The person thus afflicted should be removed into a clear and open air, if she be not in such already; and if she be, a change perhaps may be of service. Her diet should be thin and cooling, and not taken in large quantities; her exercise, between the fits, moderate. Let her be kept, as much as possible, from the company of men; and especially, if love be the suspected cause, from that man whom she is known to affect, unless it be to bring them entirely together, and cure the disease by removing its origin.

During the fit, bleed directly, and that in a considerable quantity, especially if any evacuations have been suppressed; afterwards exhibit the following Opiate.

Take Black-cherry Water and White Wine Vinegar, of each one Ounce; Camphire, half a Scruple; White Sugar, two Ounces; Liquid Laudanum, forty Drops: mix them well, for a single Draught.

Also,

Take Spring Water, twelve Ounces; Lemon Juice and White Wine Vinegar, of each one Ounce and a half; White Sugar, a sufficient Quantity to make it palatable: mix them well, and let her use it for common Drink.

The Tincture of Asafoetida, and most of the foetid medicines prescribed in the Section of hysteric diseases, as Gum Ammoniac, Galbanum, &c. may be given inwardly in the quantities there directed. A Galbanum Plaster should be applied to the naval, and the following Injection made use of every two hours, or oftener.

Take

Take Milk, half a Pint; Tincture of Asafætida, two Ounces; Camphire, Sugar of Lead, and Troches of Myrrh, of each two Drams: mix them, and inject cold, with a proper instrument.

If these fail of success, repeat the Opiate; and if the fit still increase, let the patient be had to the Cold Bath. Blistering also has been found serviceable in some women.

When the fit is once off, in order to prevent its return, continue to make use of proper evacuations; particularly bleed as often as the state of the body will permit; and use lenient purgatives, made of the Tincture of Hiera Picra and Elixir Proprietatis, as in the Section of the *Green-sickness*, page 93. A Whey Diet, together with the use of the Cold Bath, continued for a month or two, are excellent: and during all this time, Clysters may be used between whiles, made according to the form above, without any mixture of more stimulating ingredients. In sanguine constitutions, the following Pills and Emulsion are almost infallible, if continued a proper time.

Take Asafætida, Camphire, Sugar of Lead, Matthews's Pills, of each one Dram; Venice Turpentine, two Drams; Syrup of Lemons, a sufficient Quantity to make a Mass. Divide each Dram into eight Pills, of which let the patient take four every morning, drinking after them a Draught of the Emulsion, which is thus made.

Take of the four greater Cold Seeds, of each two Drams; Sweet Almonds rined, and White Poppy Seeds, of each one Ounce; Barley Decoction, a Quart; Sal Prunella, half an Ounce: make an Emulsion, to which add Syrup of Lemons, two Ounces.

Or if Drops be more agreeable than Pills, they may be given with equal success.

Take sweet Spirit of Nitre, two Drams; Spirit of Hartshorn, Tinctures of Asafætida and Amber, of each one Dram: let her take thirty Drops every four or five
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hours,

hours, or oftener, in four spoonful of the following Julep.

Take Syrup of Lemons, two Ounces; White Wine, four Ounces; Plantain Water, eight Ounces: mix them together.

When this disease proceeds from an over large dose of Cantharides, or any other provocative ingredients, the above Emulsion, with the addition of an Ounce of Gum Arabic, being drank off pretty freely, is usually sufficient to effect a cure.

But when it degenerates into a madness, it must be treated accordingly, concerning which proper advice should be had. However, if the indisposition seem not to be desperate, the friends of the patient may themselves make trial of the following means.

First,—Let the head be shaved, and a due quantity of blood taken from the jugular vein: then give half a Dram of Specacuanha for a Vomit: after which proceed with Purgatives, which may be thus made.

Take Sena Leaves, three Drams; black Hellebore Root, one Dram and a half; Agaric and Rhubarb, of each one Dram; sweet Fennel Seeds, one Dram; Salt of Tartar, half a Dram: Infuse them in a sufficient Quantity of Black Cherry Water for two Days: then strain off, and to three Ounces of the Infusion, add six Drams of Syrup of Buckthorn, one Dram of Compound Spirit of Lavender, Powder of Jalap, one Scruple. Let this be taking in a morning early, and repeated once or twice a week, according to the exigency of the case; repeating the Vomit between whiles, at least every eight or ten days.

Blisters are good in all madness; and if the distemper be very obstinate, one may be applied all over the scalp. But in case of great weakness, instead of purging, let the following Clyster be given every two or three days.

Take common Clyster Decoction, twelve Ounces; Emetic Wine and Syrup of Buckthorn, of each half an Ounce; Oil

Oil of Rue, and Oil of Earth-worms, of each one Ounce and a half: mix them together. The ingredients may be lessened according to the case.

Issues, perpetual Blisters, Cupping, Cephalic Snuffs, are all good in these Disorders. As are likewise the following Drops.

Take Tincture of black Hellebore, two Drams; Sal Volatile Oleosum, and compound Spirit of Lavender, of each one Dram: let her take forty Drops three times a-day, in Black Cherry-water, or any other proper Vehicle.

The following Powder is also good, taken in a Draught of the Emulsion above described.

Take Salt of Nitre, and black Hellebore powdered, of each two Drams; Volatile Salt of Amber, twelve Grains: make twelve Papers, of which let the patient take one every morning and evening.

But I shall not add any more on this article of madness, because when the *Furor Uterinus* is so violent as to occasion it, few persons will trust to their own management their daughters or relations; nor indeed is it adviseable.

SECTION IX.

OF THE FLUOR ALBUS, OR WHITES.

THIS disease is a copious and continual flowing of a thin white humour, generally said to be from the vessels about the neck of the womb, which naturally ouze out matter, but in this case too plentifully; but it is more probably supposed to be from the very same vessels through which the courses flow; for these, not properly closing after the menstruous discharges are

gone off, as they always do when a woman is in good health, suffer a viscous or slimy matter to be separated from the blood through them, which coming away, nearly resembles a virulent Gonorrhœa. It may also be caused by falls, sprains in the back, purging to excess, especially with Mercurials, and when the body is weak and lax: or it may be the effects of a venereal infection, which, though cured, leaves the glands and other vessels in a relaxed state, which it is very difficult to repair.

The Whites come away sometimes in a large, and sometimes in a small quantity; and it is observable, that the running generally increases after violent exercise, and that it is in greatest plenty at about the middle of the time between the monthly periods: the matter is very often of a good consistence, entirely white, and comes away without pain; but upon long continuance its colour proves variable, being sometimes white mixed with yellow, and at others of a thin waterish consistence, greenish, and inclining to black; sharp, corrosive, of an ill smell, occasioning heat of urine, and now and then ulcers. It then causes great weakness, especially in the small of the back and the loins; a pale colour in the face, faintness, loathing of food, indigestion, swelling of the legs, irregularity in the courses. Sometimes it degenerates into a consumption, or dropsy, and proves mortal: at others, it causes incurable barrenness. The urine, under this disorder, is generally viscid, thick, slimy, and sometimes appears as if small threads were mixed with it: nor does it settle so freely as in other cases.

It has usually been thought difficult to distinguish the Whites from the venereal disease; and some women, who have had bad husbands, have laboured under the latter for a long time together, imagining it all the while to be only the former: others have mistaken a running, occasioned by an ulcer in the womb, for that disease. Now as it is highly necessary every woman should learn the symptoms by which these are known asunder, let it be observed, that whenever the courses come down; the Whites always cease, and do not trouble the patient again, till the courses are over: whereas a venereal running remains constantly upon the patient,
and

and does not cease during the monthly discharges. It is also much less in quantity than the Whites are. As to an ulcer in the womb, it is best known by the sharp and growing pains that it occasions in the womb, from the very beginning of the disease: whereas in the Whites, though sometimes the humour be so sharp as to cause great pains, and even an ulcer, yet this is not till after they have continued long enough on the patient to be distinguished by their other symptoms. The matter that flows from an ulcer is also frequently bloody, which the Whites never are.

Maids of a weakly constitution are often afflicted with this distemper, as well as married women and widows: and indeed there are few of the Fair Sex, especially that are any way sickly, but who have known it more or less, it being often occasioned by other diseases. For whatever disease renders the blood poor, foul, or viscid, and reduces a woman to a languid condition, is commonly succeeded by the Whites, which, when they come in this manner, continue to weaken the body more and more, and are in great danger, without speedy remedy, of wearing away the patient, and making her a miserable victim to death. Let no woman, therefore, neglect this distemper, when she finds it on her, but endeavour to prevent its getting too much a head.

Some, indeed, have the Whites so very moderately at first, perhaps only at intervals, that they perceive no remarkable detriment therefrom, for two, three, or four years, and are therefore apt to neglect them as a mere trifle: but the disease is all this while gathering strength, and unless prevented, will at last break out with double violence, and will then become much more stubborn and hard to cure, than if taken in proper time. Too many women have known this by fatal experience. Though the disease itself, when opposed in its infancy, is neither dangerous nor difficult, unless the constitution be extremely weak, or has been ruined by venereal infections, or hurt by bruises, strains, and the like.

The diet, in the cure of this distemper, ought to be nourishing, and much the same with that prescribed in consumptions; consisting of Broths, boiled with Shavings

vings of Hartshorn, Tormentile Root, Bistort, Comfrey, Conserve of Red Roses, Ising-glass, Red Rose Flowers, Gum Arabic, Nutmegs, Mace, Cinnamon, and other strengthening and agglutinating Ingredients. Sago and Jellies are also serviceable in this case, particularly that of Hartshorn. Some drink every morning, with very good success, a quarter of an ounce of Ising-glass, dissolved in a Pint of Milk, and sweetened with Sugar. Exercise should be moderate, and taken, as much as can be, in a warm and dry air: and the continuance of this for some time, with a milk diet, have been found prevalent, when other means, though the best that could be made use of, have failed.

Bleeding ought here to be omitted, unless the person be plethoric, or her monthly courses are obstructed; for it is not proper to weaken her, who is already too weak. Purgatives, however, are held to be proper, but without Calomel; especially when the disease is in its infancy, and appears but in small quantity. But when it is of long standing, and the matter which flows is thin, discoloured, and of an ill smell; if ulcers are apprehended in the *Uterus*; if any venereal infection has preceded, and part of the virulence is still supposed to remain, mercurials, and other medicines suited to virulent cases, are undeniably proper: and the cure here differs little from the cure of the venereal disease itself, only the purges should not be too violent, nor the Calomel given in too large doses.

In the former case, when the disease is young, the flux small, and without any venereal mixture, there cannot be a more suitable and pleasant Cathartic than the following gentle Electuary, which may be taken every other day for a week, or more, according to the patient's discretion, about the quantity of a large nutmeg at a time, drinking after it a little warm tea, or water-gruel.

Take Pulp of stewed Prunes, two Ounces; Tamarinds and Cassia, of each half an Ounce; Powder of Rhubarb, two Drams; Syrup of Violets a sufficient Quantity.

Some order a Vomit of Turpeth Mineral; but Ipecacuanha is better, especially if the constitution is weak,

to be taken between the purges; and indeed it is generally found proper in all cases, before the use of reſtringents, to take a vomit, in order to facilitate the cure. The doſe of Ipecacuanha is *from ten Grains, to two Scruples*, according to the ſtrength of the patient.

After theſe evacuations, the following Bolus may be given to great advantage:

Take Powder of Rhubarb, half a Dram; Diaſcordium, one Dram; Liquid Laudanum, ten Drops; Powder of Cinnamon, and Gum Tragacanth, of each half a Scruple; Syrup of Poppies, enough to make a Bolus. Repeat the doſe five or fix nights, or more, as occaſion may require, at going to bed: and in the mean time:

Take Conſerve of Red Roſes and Mithridate, of each half an Ounce; Armenian Bole, ſix Drams; fine Chalk, Powder of Dragon's Blood, and Japan Earth, of each two Drams; Species Diambrae, one Dram; Ginger, half a Dram; Mace and Gum Tragacanth, of each one Scruple; Cinnamon, half a Dram; Powder of Zedoary, one Dram; Syrup of Comfrey, enough to make an Electuary. Let the quantity of a nutmeg of this Baſamic, be taken twice a-day, in the morning, and about five o'clock in the afternoon, drinking after it four or five ſpoonſful of the following Julep:

Take Mint and Black Cherry Waters, of each four Ounces; ſtrong Cinnamon Water, three Ounces; Syrup of dried Roſes, one Ounce; compound Spirit of Lavender, two Drams.

This Electuary and Julep ſhould be continued after the Bolus, and till the cure is perfected; which it will be uſually in a fortnight or three weeks; but if it ſhould be a month or more, the patient muſt wait contentedly, and not conclude the remedies ineffectual, becauſe their effect is not inſtantly perceived ſo much as ſhe could wiſh. I ſay ſo much as ſhe could wiſh; for if ſhe obſerves carefully, ſhe will find herſelf mend in a very few days, though it may be many before ſhe is perfectly cured. But it is thus in all diſtempers proceeding from weakneſs.

Another

Another Balsamic Electuary.

Take *Diascordium*, *Conserve of Oranges*, and *Venice Treacle*, of each two Drams; *Powder of Gum Tragacanth* and *Rhubarb*, *Troches of Amber*, *Cinnamon* and *Amber in Powder*, of each one Dram; *Gum Arabic*, *Coral*, *Preparation of Hartshorn*, *Blood-stone*, and *Dragon's Blood*, of each one Dram and a half; *Roche Alum*, one Dram; *Tormentile Root*, powdered, two Drams; *Syrup of Ginger*, enough to make an *Electuary*. This *Electuary* is suited to the same purpose as the preceding, to which it is not inferior. It should be taken in the same quantity, twice in a day, drinking after it a draught of *Tincture of Red Roses*. If *Pills* should be thought more agreeable, the two following forms are excellent.

Balsamic Pills for the Whites.

Take *Gum Arabic*, and *Armenian Bole*, of each two Drams; *Yellow Resin*, *Powders of Cinnamon*, *fine Chalk*, *Japan Earth*, *Dragon's Blood*, *Roche Alum*, and *Rhubarb*, of each one Dram and a half; *Venice Turpentine*, a sufficient Quantity to make *Pills*, ten out of each Dram. Let the patient take four of these twice or thrice a-day, drinking after it a small glass of red wine.

Another Sort.

Take *Gum Tragacanth* and *Rhubarb*, powdered, of each two Drams; *Astringent Saffron of Steel*, *Mastich*, *Blood-stone*, *Preparation of Hartshorn*, *Red Coral*, and *Armenian Bole*, of each two Drams; *Oil of Cinnamon*, ten Drops; *Balsam of Peru*, one Dram; *Venetian Turpentine*, enough to make a mass for *Pills*. Divide every dram into ten, and let five be taken twice a-day.

Chio Turpentine alone, hath sometimes been given with success in this flux, especially when it has been continued a considerable time. But the following *Pills* are better, and may be used in slight cases, where they are preferred to either of the preceding.

Take

Take Cinnamon and double-refined Sugar, in Powder, of each half an Ounce; Venice Turpentine, one Ounce; Liquorice Powder, enough to make a proper Consistence. Divide each dram into eight pills, and let five or six be taken every morning, and again towards evening. These, it will be observed, are more simple than the foregoing sorts, and therefore may be more easily made for small indispositions: but where the disorder is greater, the agglutinant and absorbent ingredients, in the other compositions, are highly useful, and not to be rejected. They are received into the following Troches or Lozenges, for those women who shall desire that form.

Take Red Coral, Japan Earth, Bole Armeniac, fine Chalk, Blood-stone, and Preparation of Hartsborn, of each half an Ounce; Powder of Gum Arabic, Gum Tragacanth, and Red Rose Flowers, of each one Dram; double-refined Sugar, an Ounce and a half; Oils of Nutmegs, Cloves, and Cinnamon, of each five Drops; Mucilage of Quince Seeds, a sufficient Quantity to make Troches. Let every troch weigh a dram, and let one be dissolved in the mouth as often as the patient pleases, or finds it agreeable. A great many women prefer this way of taking remedies for the Whites, before either Electuaries or Pills, because it has what they call less the appearance of physic, and consequently are less nauseous.

When the disorder seems to proceed from a wrench or strain, it is proper to apply the following Plaister to the small of the back.

Take Oxyroceum, Rupture Plaister, and Red Lead Plaister, of each two Drams; Ol of Amber, one Scruple: Mix with a spatula, or knife, and spread them upon an oblong piece of leather, that may cover the region of the loins.

During the indisposition, instead of small beer, and other weak Liquors, the patient will do well to use this for her common Drink:

Take

Take Sassafras, and Guaiacum Woods, of each four Ounces; Roots of Bistort, Tormentile, the larger Comfrey, Polypodium, and Zedoary, of each one Ounce and a half; Cinnamon, Ginger, and Winter's Bark, bruised, of each one Ounce: Boil them in five Gallons of new Wort till it comes to four; then Strain, and add to the clear Decoction, Shavings of Hartshorn, Ivory, and Red Saunders, of each one Ounce and a half; Ground-Ivy and Agrimony, of each two Handfuls; Juice of Knot-Grass, Shepherd's Purse, Yarrow, and Scabious, of each a Pint and a half; Raisins of the Sun, stoned, twelve Ounces: make an Ale according to art. This is a most excellent diet drink, and to be preferred, perhaps, to any other in the Whites, when it can easily be made: but as it is pretty much loaded with ingredients, some of which, the juices especially, may not easily be come at, the patient may substitute the following in its room.

Take Sassafras and Guaiacum Woods, of each four Ounces; Shavings of Hartshorn and Ivory, of each two Ounces; Red Saunders, one Ounce: Boil them in five Quarts of Lime Water, till it comes to a Gallon, of which take half a Pint twice in a Day.

Or, if she likes it better, she may use this every morning for breakfast, instead of either of the diet drinks. The following quantity is to be taken at once, if her stomach will bear it: if not, she may lessen the quantities of each ingredient in due proportion.

Take Gum Arabic, half an Ounce; Ising-glass, two Drams; Conserve of Red Roses, one Ounce; Cinnamon, bruised, one Dram; Cow's Milk, a Pint and a half: Boil till the whole comes to a Pint, which let her eat as common Food.

The following Drops, likewise, have been found helpful, and in many cases, joined only with a proper regimen, and one of the diet drinks, may effect a cure:

Take Tincture of Japan Earth, and compound Spirit of Lavender, of each two Drams; mix, and let her take

take thirty drops at a dose, three or four times a-day, in a glass of red wine. The Tincture of Japan Earth, into the composition of which Cinnamon, Jesuits Bark, Musk, Ambergrise, Spirit of Wine, do all enter, as well as the Earth from which it takes its names, is alone very efficacious in all defluxions of the belly and the lower parts: and the compound Spirit of Lavender unites the virtues of a great number of nervous simples, which, joined with the other, cannot fail of doing great service.

So much for the cure of this distemper in general, and when it is unattended with virulent symptoms. I must now, according to my method, say something of particular circumstances and constitutions. In leucophlegmatic and sickly habits, where the glands are obstructed, and want to be cleansed, recourse must be had to the medicines for a jaundice-like indisposition, before the patient proceeds to the use of restraining, such as are prescribed in this Section; and when she comes to restraining, the others should be used alternately with them.

When any venereal infection has preceded the Whites, and some of its effects are supposed still to remain, it is usual then to direct a long course of mercurials, and strong cathartics, as in the venereal disease itself, though the doses are ordered to be smaller. This method is undoubtedly good in some constitutions that will bear it, and therefore I mentioned it in the beginning of this Section: but these constitutions will be far the lesser part of those women that are afflicted with the Whites. I would, therefore, rather advise, that when this happens to be the case, the patient would immediately apply to the *efficacious Drops, or powerful Elixir*, prescribed in page 58, keeping exactly to the directions there given. Only let her purge gently once in five or six days, with the Electuary at the beginning of this Section, that the due evacuations may not be interrupted. I have known this method alone, to cure an obstinate running in either sex, and believe it will seldom fail in any venereal case, if a proper regimen be observed. Much more, therefore, may it be depended upon here, where, at most, there are only some slight remains of a former infection, or perhaps only a simple gleet, occasioned

caſioned by a weakneſs contracted during the uſe of mercurials. The following *Balsam of many Virtues*, is alſo admirable in this, as well as in many other caſes; it anſwering entirely to the title which all the learned have conſented to beſtow on it.

The *Balsam of many Virtues* is thus made.

Take two Pounds and a half of Spirits of Wine; infuſe in it with a gentle heat, and frequent ſtirring, twelve Ounces of Gum Guaiacum; and laſtly, add a Spoonful of Peruvian Balsam, ſo that the whole may be mixed together in a proper Conſiſtence. The doſe of this Balsam is between twenty and thirty drops, twice or thrice a-day, in a glaſs of the decoction above, red wine, or any other ſuitable liquor. It muſt be continued for ſome time, as well as all other remedies in old and obſtinate caſes: which ſingle condition being obſerved, the patient need not queſtion the efficacy either of this Balsam, or of the powerful Elixir before referred to, let her ſituation be ever ſo deplorable.

When the ſeat of the Whites may be reached by external remedies, the following Injection has been frequently uſed. It is alſo bad, when there is danger of the parts growing ulcerous, which adds much to the difficulty of the cure.

Take Gentian Root, long Birthwort, Japan Earth, of each one Ounce; Myrrh, two Drams; Savin Leaves, and Flowers of Red Roſes, of each a Handful: Boil them in Barley Decoction and Red Wine, of each twelve Ounces: when ſtrained, add to it twelve Ounces of the Liquor, Honey of Roſes, and Tincture of Myrrh, of each two Ounces. Inject it luke-warm, twice in a day, if the caſe requires it.

One thing more I ſhall obſerve, and with that conclude this Section; that whichſoever of the remedies here preſcribed the patient may uſe, and whatſoever may be the particular circumſtances of her caſe, ſhe muſt by all means avoid being too haſty in thinking herſelf well, but continue her courſe of medicines for a week or fortnight, after all the apparent ſymptoms

of her disorder are gone off: by which means she will effectually prevent a relapse, which may otherwise happen: because nature, in these affairs, requires not only to be corrected and restored, where she was amiss, but strengthened and confirmed in her proper and just operations, which were before interrupted.

SECTION X.

OF THE PILES, BLOODY STOOLS, &c.

THE Piles are one of the diseases common to both sexes, but which have been most grievous to the Fair, through their backwardness to acquaint any Physician, or skilful friend, with their complaint.

The Hemorrhoids, or Piles, are a painful swelling in the lower part of the great gut, usually appearing externally in the fundament. They return periodically in some people, in others only accidentally.

This disease may be caused by a distension of the hemorrhoidal vessels, either from high living, an overcharged habit of body, or a too rich and fizy blood; or else from old age, weakness, or a blood that is depauperated, rendered too watry, and apt to stagnate in the vessels. Costiveness, also, is frequently the occasion of it; and so is the stoppage of any other natural evacuation, particularly of the monthly courses. In short, whatsoever may occasion the blood to stagnate in the hemorrhoidal vessels, and stretch them beyond their proper tone.

Sometimes the Piles are internal, and cause great pain at going to stool, especially if the excrements be any way hardened, so as to press hard in the passage; for then the swelling usually appears outwardly, and blood is voided with the excrements. When they are thus external, the touching of them, or even sitting down without a cushion, is extremely painful; but chiefly so after going to stool. They vary in magnitude,

tude, figure, and colour. Some are hard, others soft; and they often bleed plentifully, and then grow more easy.

They are seldom dangerous, unless when they inflame, and threaten a gangrene or mortification. When they bleed, they are thought conducive to health; especially if the time be critical, and they happen upon the stoppage of any other evacuation. If they corrupt, or become ulcerous, they often occasion a fistula.

If they proceed from high living, or a thick and fizy blood, let the diet of the patient be thin and moderate, consisting chiefly of whey, gruels, broths, and the like. If they are occasioned by a blood that is depauperated, that is, rendered poor, or from old age, or a weakly constitution, let the diet be balsamic and nourishing. If costiveness be the cause of them, let the food be opening, and let the patient avoid all inflammatory or spirituous liquors. These regulations being observed, the cure may be thus effected.

When the pain is violent, and the distemper caused by any excess, or by an obstruction of the monthly courses, or by their stopping before due time; or, lastly, by fizy and viscid blood; in these cases, let a large quantity of blood be taken away. Afterwards, the following Composition, used either by way of fomentation, or by way of vapour, that is, sitting over it hot on a close-stool, will prove of excellent service, and generally effect a cure alone.

Take Leaves of Marsh Mallows and Common Mallows, Sweet Marjoram and Elder Flowers, Melilot and Camomile, of each two Handfuls; White Poppy-heads, bruised, four Ounces; Juniper and Laurel Berries, Hemp Seeds, and Fenugreek Seeds, of each one Dram; Boil them in a sufficient Quantity of Cows Milk and Spring Water, of each alike: when Strained, add to it a Gallon of the Decoction, four Ounces of Oil of Turpentine, one Ounce of Oil of Amber; Opium and Camphire, of each two Drams; Spirit of Wine, half a Pint, mix.

The same ingredients that were boiled, being bruised together, will serve for a very proper Poultice, and may

may be applied after the use of the Fomentation or vapour.

A Vapour of Milk and Honey boiled together, or a Fumigation of Sulphur alone, will sometimes answer the same end as the foregoing: and a Poultice may be then made in a more concise manner; as thus:

Take Yolks of Eggs, boiled hard, number four; Oil of Amber, two Scruples; Linseed Oil, a sufficient Quantity to make a proper Consistence.

When the Piles are inwardly, and the patient is constive, inject the following Clyster; but omit the Lenitive Electuary and Syrup of Roses, where there is no costiveness.

Take Marsh-mallow Roots, Seeds of Hemp and Fennugreek, of each half an Ounce; Leaves of common Malloes, Camomile and Elder Flowers, of each an Handful; Gum Arabic, half an Ounce; Gum Tragacanth, half a Dram: boil them in a sufficient Quantity of Spring Water to cover them: to twelve Ounces of the strained Decoction, add Lenitive Electuary, six Drams; Saffron and Camphire, of each one Dram; Opium, four Grains: Solutive Syrup of Roses, Oil of Roses, and Canary Wine, of each two Ounces. Repeat the Injection as occasion may require.

The following Ointment is proper, either in the internal or external piles: but when used for the former, let it be put up the fundament with a dossil of lint, and the application renewed two or three times a-day.

Take white Ointment, with Ointment of Poplar Buds and Elder, of each half an Ounce; Extract of Lead and Saffron, of each two Scruples; Camphire and Opium, of each half a Dram; the White of one Egg; Balsam of Sulphur and camphorated Spirit of Wine, of each half an Ounce: mix them well together.

Or this,

Take Ointment of Poplar Buds, and Oil of Roses, of each an Ounce; Plaister of Red Lead, half an Ounce: dissolve them, and add Ethiops Mineral and Calomel, of each two Drams; Opium, Camphire, and Oil of Box, of each one Dram.

Or this, which is yet more simple.

Take Spirit of Turpentine, and Balsam of Sulphur, of each one Ounce; Opium, two Grains: mix. Either of these Ointments is extremely well contrived, and much preferable to the common Ointment of Marsh-mallows, though that has also been found serviceable.

Or,

Take the Shavings of Cork, which may be had at any Cork-cutters, and burn it in a frying-pan till the flame is exhausted, then make it into a Powder, and with a sufficient Quantity of Hogs-lard, make it into an Ointment.

The following Cere-cloth also has its use, but seems not so convenient for the part as things that may more easily be removed and changed.

Take Plaister of Red Lead, and Oil of Sweet Almonds, of each one Ounce; Saffron and Opium, of each half a Dram; Camphire, one Scruple; Balsam of Sulphur with Aniseed, Balsam of Peru, and Oil of Amber, of each twelve Drops: mix them well.

When the swelling is very hard, the Mucilage, or compound Diachylon Plaister, with or without Mercurials, is deemed very good: but the addition of Camphire mends it; thus:

Take Mucilage Plaister, half an Ounce; Calomel, two Drams; Camphire, two Scruples: mix, and spread them upon Lincn Cloth, to be applied to the part affected.

If the pain, swelling, and evacuation of blood continue, notwithstanding all outward means, it will be proper

proper to apply two leeches to the part, in order to unload the over-burthened vessels: after which the patient must have recourse to internal remedies, such as these:

Take Flowers of Sulphur, one Dram and a half; drink it in a Morning fasting, in Milk or Whey, for fourteen Days together.

Or,

Take Manna and Cream of Tartar, of each half an Ounce; Water-gruel, enough for a Draught. To be taken as the former.

But if the patient be costive, easy Cathartics must be intermixed; as thus:

Take Lenitive Electuary, two Ounces; Cream of Tartar, and Milk of Sulphur, of each six Drams; Oil of Aniseed, six Drops; Solutive Syrup of Roses, enough to make an Electuary. Let the quantity of a nutmeg be taken every morning till the cure is effected.

Or,

Take Decoction of Sena, three Ounces; Gum Arabic, two Drams; Solutive Syrup of Roses and Manna, of each six Drams; Sal Volatile Oleosum, half a Dram: mix for a Draught. To be taken as the former, by those who prefer a Draught, in the morning early.

Or,

Take Sena Leaves and Gum Arabic, of each half an Ounce; Liquorice Root, six Drams; Marsh-mallow Leaves, one Handful: Pour on them boiling Water in the manner of Tea. This may be drunk at pleasure, or as often as the case requires.

If the disease proceed from low living, and a poverty of the blood, and especially if it happen in old age, a little generous Wine and other cordial liquors should be allowed, together with a nourishing diet. Steel medicines also, like those in the Section on hysteric

steric diseases, are good to enrich the blood. And when the Piles are occasioned by a suppression of the courses, reason will dictate, that the best method is to promote them, provided the woman be not pregnant; for which see the Section on suppressions.

But women with child are very subject to the Piles, occasioned by a pressure of the child upon the vessels, or by the vessels being over-charged through a suppression of the terms. In this case, as Emmenagogue Medicines are dangerous, a different course must be taken. The Piles, at this time, may indeed be serviceable, if they bleed moderately, and happen just upon the suppression of the monthly discharges: but if the flux be violent, and attended with great pain and swelling of the parts, they may chance to cause abortion, or greatly weaken the child, and render it sickly. On this account, a particular regimen is absolutely necessary, which we shall treat of in a following Section, entitled, *Of the Diseases of Pregnant Women.*

There is sometimes an immoderate flux of blood from the hemorrhoidal vessels, which discolours all the excrements, without that swelling called the Piles, though proceeding from much the same causes. This discharge continuing too long, or in too great quantity, is attended with decay of strength, and a paleness of the face, succeeded by a yellowness resembling the jaundice. In full habits indeed, these symptoms are not instantly perceived, the patient growing more sprightly for this discharge; but dulness, and the other symptoms, soon succeed. Upon bleeding, if this disease comes from a thinness of the blood, that which is extracted appears too fluid, and the wheyish part is too much in proportion for the sediment: but when a plethora occasions it, the extracted blood appears thick and black. Thin consumptive constitutions are the most subject to this flux; which must necessarily be attended with greater or less danger, according to the strength of the patient, the cause from which it proceeds, and, above all, from the time it continues.

As to the diet in general, it may be regulated by what has already been said, concerning the Piles, when the constitution of the patient, &c. are considered.

Bleeding

Bleeding here is indisputably necessary, unless the person be weak, and the blood very poor. The body must be constantly kept open, because costiveness is prejudicial to the parts themselves: but too great a laxativeness must also be prevented: therefore the following is very good.

Take Powder of Rhubarb, two Drams; Diascordium, one Dram; Syrup of Poppies, a sufficient Quantity to make a Bolus. To be taken at going to bed.

Milk of Sulphur is here of great service; it may be taken to the quantity of two or three Drams, once or twice a-day, in milk. Opiates also are excellent, both to procure rest, and assuage the pain that attends this disorder. The following Powders likewise may be taken three times a-day, either in Claret or Milk.

Take Mastich, Dragon's Blood, Armenian Bole, Gum Arabic, of each half a Dram: mix, and make a Powder. Divide it into two Papers, for one Day. The same Powders might also be made into Boluses with Diascordium, or Syrup of Quinces. External applications also are proper in this distemper, particularly the following restringent Fomentation, Clyster, and Glands.

The Restringent Fomentation.

Take Bistort and Tormentile Root, and Galls, of each three Ounces; Leaves of Plantain, Cowslip, and Malloes, with Camomile Flowers, of each two Handfuls: Red Roses, one Ounce; Pomegranate Peel, half an Ounce; Balaustine Flowers, six Drams: boil them in so much Spring Water, that a Gallon may be strained out; to which add, best Vinegar and red Wine, of each a Pint; Alum, two Ounces; Sugar of Lead, half an Ounce: make a fomentation. It may be used also as a vapour on a Close-stool, heating it afresh, two or three times a-day.

The Restraining Clyster.

Take Galls bruised, one Ounce; Bistort Roots, Pomegranate Bark, and Balaustine Flowers, of each two Drams: boil them in Tincture of red Roses, a Pint, till you can strain off but half a Pint: then add the Yolk of one Egg; Diascordium, two Drams; Sugar of Lead, two Scruples; Liquid Laudanum, sixty Drops: mix them well. Inject as occasion may require.

The Restraining Pessaries.

Take red Roses powdered, Mastich, Dragon's Blood, Gum Tragacanth, and Armenian Bole, of each two Drams; Extract of Lead, one Dram; best Honey, or Diascordium, a sufficient Quantity to make a proper Consistence. Divide it into four Glands, or Pessaries, to be put singly up the fundament, at convenient intervals. If the pain and uneasiness be so great as to require it, three Grains of Opium may be added to each Gland or Pessary.

The patient may use which shall be most agreeable of these three external medicines, or omit them all if it be found convenient, and the cure can be otherwise effected.

SECTION XI.

OF RELAXATIONS, INFLAMMATIONS, SWELLINGS AND ULCERS, GANGRENES AND MORTIFICATIONS, OF THE WOMB AND FUNDAMENT.

WHEN the ligaments of the womb are relaxed, there ensue, or are supposed to ensue, three different disorders of the part, a bearing-down, a falling-down, and a perversion or turning. It is much questioned indeed, whether either of the two latter do in reality happen, because it would be hardly possible for a woman

woman to live in such circumstances: but as these names are taken from different appearances, resembling what they seem to express, physicians have continued the use of them, in conformity to the received opinion.

A *bearing-down* of the womb, is its falling into the vagina, or neck, so that its orifice may be readily perceived by the finger within, or sometimes by the eye, without the lips of the privities. A *prolapsion*, or *falling-down*, is when the womb descends, or seems to descend so low, as to hang without the lips; but in such a manner, that no more of the inside than the orifice is visible to the eye. A *perversion*, or *turning* of the womb, is when it falls without the lips, and at the same time is turned inside outwards, and hangs pendulous downwards like a fleshy bag, with a rugged unequal surface. Whether it be really the womb, or only the vagina itself, that appears in these positions, it is not material here to examine, since the symptoms and methods of cure are equally the same. I will only take notice, that though a simple relaxation, or bearing down, may happen to women in all circumstances, yet a true prolapsion, or what is taken for it, seldom appears, and a perversion never, but upon delivery, or immediately after.

These disorders may proceed from violent motions, falls, vehement coughing, sneezing, or a long continuation either of the Courses or Whites, especially when women are in years. They appear most frequent in women with child, from the weight of the foetus, that presses and bears hard upon the womb; but especially if the infant be dead, or lies in a wrong posture, or when it has been violently extracted. They may likewise happen, when the secundines adhere closely to the womb; or proceed from moles and false conception; or from violent throws in the time of delivery. Riding, leaping, dancing, excessive venery, or whatever else agitates the body beyond measure, may likewise be the cause of this distemper.

A bearing-down is known by a great weight pressing towards the *pudendum*, when the woman stands upright. The pain is very violent upon sitting still, or going to stool; especially about the region of the *Os Pubis* and *Os Sacrum*; and this in proportion to the degree of the disorder.

disorder. The urine comes away with difficulty, and a smarting pain. A bloody moisture ouzes through the part that bears down, which may be seen, or felt with the finger.

A common relaxation, or simple bearing down, is seldom dangerous; though it is chiefly so to women with child, who are cured with more difficulty than others, and sometimes suffer convulsions, or fevers, which may terminate in death. A prolapsion is attended with danger, if not speedily replaced, the part being apt to mortify. A perversion is yet more dangerous, for the same reason. The patient being young, and the relaxation fresh, make the cure much easier than it might otherwise be, provided she be not pregnant at the time. If there be any such thing as an entire rupture of the ligaments, so that the womb has nothing to hold it when replaced, the case must then be incurable. But women need not terrify themselves with the apprehension of this, because it is hardly believed ever to happen.

The patient, in all relaxations, ought to avoid violent motion, indulge rest, and lie on her back as much as possible, especially if she be with child. Coughing and sneezing should be prevented as much as can be. The weight of the child ought to be supported by a large bandage, or swathe, tied about the lower part of the belly. Let her drink be Red Wine and Water, Mum, Spruce Beer, Coffee, and the like; her diet of a strengthening nature, and not too liquid.

In case of a simple bearing-down, if the person be plethoric, let her bleed; especially if she be any time gone with child. After which restraining Injections may be used to advantage, such as the following.

Take Red Rose Flowers, Balaustines, and Pomegranate Peels, of each two Drams; Myrrh, one Dram; infuse and boil them in twelve Ounces of Red Wine, till it comes to eight.

If the patient be costive, a gentle Clyster may be also given; but should not be often repeated, without great necessity. As to internal remedies, they must be chiefly of the restraining kind, such as the corroborating

ing Electuary in *page* 45, or the restraining Electuary in *page* 51, which may be taken according to the directions there given; observing only to purge once before the course, with a dose of the solutive Electuary in *page* 49, or the Cathartic Pills in *page* 43. The medicines also for an immoderate flux of blood with the stools, as prescribed in *page* 117, are here very good. We leave the patient to her choice of these, which she may regulate by the circumstances of her case, and her own inclinations.

Fomentations and Vapours have also been found serviceable in this distemper, for which I recommend the patient to the restraining Fomentation at the end of the preceding Section, *page* 117, referring to the directions there given: to which I only add, that when the patient is fomented, it will be proper for her to lie flat and still: and after the Fomentation is over, let a flannel cloth dipped in the hot liquor, and wrung out, be bound about the lower parts, and kept there till they are fomented again; which should be once in twelve hours at the farthest, for several days together.

When there is a *Prolapsion*, or real hanging out of the part, it must immediately be re-placed by a gentle hand, and with the utmost care. If the part be swelled or inflamed, foment it with a little of the forementioned Fomentation, or only Red Wine heated if the other be not at hand: then with a soft, fine linen rag, let it be put up; the patient all the time lying upon her back, with her hips raised somewhat high. After it is re-placed, let her keep her bed for some days, her hips being all the time elevated, and her legs kept across, or joined together: during which time, and after it, if there be occasion, it will be proper to wear a Pessary, made of cork, with a hole in the middle, which may give passage to the urine: or a piece of fine flannel may be wrapped up hard, and dipped in the Fomentation for the same purpose; but this will require to be removed upon the necessary evacuations.

When a *Prolapsion* seems to be occasioned by a long continuance of the Whites, it must be treated with due regard thereto, in the manner mentioned in the Section concerning that distemper. The following Fume, in this case, may be of excellent service; as

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well as in the Whites themselves, when there is no *Prolapsion*. It must be burnt upon a chaffing-dish of coals, under a close-stool, or a chair with a hole in it, upon which the patient must sit.

Take Guaiacum, Mastich, Frankincense, Gums of Juniper, Benjamin and Olibanum, of each half an Ounce; Alocs Wood, red Rose Flowers, and Rose Wood, of each six Drams; native Cinnabar, one Ounce: make a coarse Powder. Burn of this three Drams at a time, every morning and evening, till the cure be effected.

Here likewise the use of Astringents must be continued for some time, along with a decoction of Guaiacum Wood, in Spring Water: or, instead thereof, a small quantity of the Gum of that Wood may be dissolved, and used to considerable advantage, every night going to bed.

If a perversion of the womb should happen, the part must be immediately replaced, as in a *Prolapsion*: after which, a like course of restraining medicines must be exhibited for a considerable time, with all possible advantages of rest and posture, as before directed. In this case also, there should be a proper bandage for the whole abdomen, or lower belly, with a convenient truss, to keep up the part in its proper situation; great caution being used, lest by straining or otherwise, it should be again forced from its natural seat.

I shall mention one other Fume, of approved use in all these cases, medicines in this form being usually the most successful here: for as persons under these disorders are generally too squeamish or too prejudiced to make use of any sort; these are always easily administered, and hardly fail of being very beneficial.

Take Myrrh, Mastich, Cinnamon, and Spikenard, of each a Dram; Mint and Red Roses, of each two Drams; Cloves, Zedoary, and Pimento, of each half a Dram; make them all into a gross Powder. This may be used at twice, in the morning and the evening; repeating the same every day so long as the case requires. It has been found, that the fumes from hot aromatic liquors, which are sometimes prescribed for

for the same purposes, are not so efficacious as these which arise from the burning of dry ingredients: because their moisture prevents their being so immediately restraining.

Sometimes, from a particular weakness of the part, the great gut; or rectum, descends lower in going to stool than it ought; at which time the patient is sensible of a pressure, or bearing-down. This disease is frequent in children, who have been subject to a looseness, or violent fits of crying: as also to weak women.

If it proceed from a natural weakness, or if the sphincter muscle, which lies near the outer orifice of the part, in order to contract it, be paralytic, the cure is somewhat difficult; otherwise it is more easy and certain.

The diet should be nourishing and cordial in this case. Red Wine, and other astringent liquors, may be moderately drank.

If it proceed from costiveness, a gentle purge, such as the Solutive Electuary before directed to in this Section, in order to keep the body open. Then recourse must be had to Fumes, as in the bearing-down of the womb. The following is good:

Take Pomegranate Peels, Tormentile, and Bistort, of each half an Ounce; Balaustine and Red Rose Flowers, of each two Drams; Red Sanders and Aloes Wood, of each one Dram: Boil them in a Quart of Red Wine, 'till it comes to a Pint and an half. Let this be used by way of Vapour, according to the directions in the foregoing cases: or a small thick compress may be dipped in it, and applied warm, now and then, to the part, with a proper bandage. This, perhaps, may be more agreeable to the patient, than burning the same ingredients dry: though that must be tryed, if the Vapours fail. And, indeed I would advise every patient, in desperate cases, to try the most effectual method first; which is, by reducing all the Drugs to Powder, and burning them as in the former Fumes: or, by putting the Powder into a linen rag, dipped in hot compound Spirit of Lavender, and apply it to the part.

But if the Sphincter be paralytic, which is discovered by its moving and contracting involuntarily, let a decoction of Cloves, Mace, Cinnamon, lesser Cardamon

Seeds, compound Spirit of Lavender, and Hungary Water, in quantities proportioned to the other ingredients, be added to the Vapour, or the Powders of the dry Drugs to the Fume.

When the Weakness lies high, and especially if there be a looseness, the following Clyster may be successfully injected.

Take Diascordium, two Drams; Canary and Red Wine, of each three Ounces: mix.

When the Weakness is of long standing, and occasioned by a looseness, or violent straining; then, besides the Fomentation, regard must be had to the cause, by using aromatic and restringent medicines internally, as the bearing-down of the womb. *Rhubarb* in this case is very good; as is also *Tincture of Japan Earth*, taken about two or three spoonsful at a time, in a glass of Red Wine. This alone, repeated twice a-day, is often sufficient to effect a cure; and is never used, but it proves serviceable.

The following is very good.

Take Diascordium, one Dram; Oil of Cinnamon, two Drops: mix for a Dose. This may be taken at going to bed, in what form the patient pleases.

Sometimes the rectum, or fundament, comes down so low as to require external assistance to put it up again. This may proceed from the same cause as the Piles; and if it be not soon reduced, is a very dangerous case, the gut being apt to swell and mortify, when exposed long in the air. Children are the oftenest subject to this, especially when they are very peevish, or subject to a looseness; there being no other essential difference, but the degree of the disorder, between an actual falling-down of the fundament, and the more moderate protrusion of which I have been speaking.

Great care must here be had of the diet, that it be nourishing, restringent, and balsamic, such as is directed in the Section concerning the Whites.

If the gut be swelled, foment it with warm Milk; if it be discoloured, use Red Wine for the same purpose: when a mortification is apprehended, foment it with Spirit of Wine. Then let it be gently put up with the fingers, they being dipt in Oil for that purpose. After which, make a compress, and dip it in red Wine; which bind on with a convenient bandage. And take great care that the patient be kept for some time in an easy posture.

When there is a looseness, or extraordinary weakness of the part, a piece of pasteboard, or a paper truss, may be contrived to bind over the compress, to prevent a relapse.

The following Fume may be effectual in the worst cases of this kind. It is to be used like the others in this Section, and is good also in a *Prolapsion* of the womb; as what is there prescribed may be serviceable in the present case, there being a great similitude in these disorders.

Take Frankincense, Mastick, Amber, and Cloves, of each one Dram; Red Rose Leaves and Balaustines, of each two Drams: make them into a gross Powder, which use at twice.

The womb, the neck of the womb, the lips of the privities, sometimes happen to be enflamed, from an obstruction of the circulation of the blood in those parts, or from a rupture, or the eating of a sharp humour, proceeding from an over-charged habit of body, a weakness of the parts, catching cold during the time of the discharges, the internal use of cantharides, and many other causes of the like nature. It may be occasioned also by hurts or contusions of the parts, hard labours, injuries received in delivery, the pressure of the foetus in pregnancy, retaining the child-bed purgations, or any sort of overstraining in venereal embraces, or otherwise.

These inflammations are usually attended with a swelling, heat, pain, suppression of urine, a fever, difficulty of respiration, a vomiting, and the hiccup. If it proceed from an obstruction of the monthly courses, an ill-scented moisture is usually discharged upon the

part: and, upon inspection, sometimes a redness and tumefaction may be observed about the neck or sheath of the womb, or about its orifice. If it proceed from a hard and difficult labour, most of the symptoms before mentioned appear in a greater degree; with an inflammation, or swelling of the whole abdomen or lower belly; upon which convulsions frequently follow, and prove mortal.

Inflammations in the external parts of the privities, or in the vagina, are not so dangerous as those of the womb itself; and if they proceed from violent exercises, or a full habit of body, less dangerous than when from blows, bruises, or difficult labour; the consequences thereof in these latter cases, if not timely remedied, being either a hard stubborn swelling, or even death itself, especially when attended with convulsions, hiccups, cold sweats, and coldness of the extremities.

A slender and thin diet, of a perspirative nature, consisting of broths, gruels, panada, and the like, is here thought the most proper. Flesh-meat is not to be allowed, or but seldom, and such only as is of easy digestion; as chickens, veal, lamb; which should also be boiled rather than roasted. Exercise is hardly allowable in these inflammatory cases; and the more the patient keeps her bed, the better. Too much sleep is here preferable to too little. Malt liquors are absolutely improper, and wine is allowable only in small quantities.

Bleeding appears to be a proper thing in all Inflammations of the womb, and parts adjacent; and the quantity of blood extracted on these occasions may be somewhat larger than is usually taken away, especially if the menstrual flux be obstructed.

Gentle purges, after bleeding, may prove serviceable: so likewise may cooling emulsions, and draughts prepared with Gum Arabic, Salt Prunel, Lemon Juice, Spirit of sweet Nitre, and the like; which should be drank of plentifully. In the meantime, injections and lotions ought not to be omitted.

An Injection may be thus prepared.

Take Barley Decoction, half a Pint; Gum Arabic, half an Ounce; Mallows one Handful: Boil them a short Time; then strain, and add Tincture of Myrrh, and camphorated Spirit of Wine, of each one Ounce; white Troches of Rhabis, three Drams; Opium one Scruple: mix, and inject with a proper instrument.

A Lotion thus:

Take Plantain Water and Lime Water, of each half a Pint; Mel Rosatum, two Ounces: mix, and wash the external parts with it frequently, with a piece of fine linen dipped therein.

If Ointments, in their natural form, can be immediately applied to the seat of the distemper; as it may when it lies in the lips, or outward part of the vagina; then the following may take place both of Injections and Lotions.

Take white camphorated and red drying Ointments, and Ointment of Tutty, of each one Ounce; Camphire, two Drams; Opium, one Dram; Lapis Calaminaris, half an Ounce: mix into an Ointment. Let a little of this, between whiles, be applied to the inflamed part with the finger.

When there is no rawness, but the skin remains entire on the part inflamed, the following Fomentation will prove serviceable.

Take Cow's Milk, four Ounces; camphorated Spirit of Wine, Tincture of Saffron, and liquid Laudanum, of each half an Ounce: mix. Let this be applied warm with linen cloths, according to the usual method of fomenting.

It commonly happens in this case, that perspirative remedies are more serviceable, and less dangerous or painful than those of a repelling nature; for which reason

reason the Fomentation, Injection, and Ointment, are here charged with warm ingredients, instead of consisting wholly of refrigerating ones. The same rule should be observed in all external medicines for this distemper, if any other forms should be found needful.

In order to cause a revolution of humours from the afflicted part, it will sometimes be convenient to give a gentle vomit, and repeat it twice or thrice at proper intervals. For this purpose, a dose of emetic Wine, or Ipecacuanha is very proper. In case of great uneasiness, and want of rest, a dose of the Anodyne Balsam, in *page 56*, may be given. And if there be occasion for deterfive and healing medicines, as in the case of Suppuration, the following Terebinthinate mixture, or Pills may be made use of.

The Terebinthinate Mixture.

Take Chios Turpentine, half an Ounce; Balsam of Tolu, two Drams; the Yolk of one Egg; small Cinnamon Water and white Wine, of each three Ounces; Syrup of Saffron, one Ounce: mix. Let two Spoonful of this be taken three times a-day, till the cure is effected.

The Terebinthinate Pills.

Take Chios Turpentine, half an Ounce; Mastick, Storax, Myrrh, and Gum Elemi; of each one Dram; Balsam of Peru, half a Dram; Saffron, one Scruple: make a Mass. Take half a Dram at a dose, three or four times a-day, divide into as many Pills as the patient thinks proper.

When the disorder proceeds from a difficult labour, warm White Wine, or Milk, with a little Spirit of Wine, may be injected occasionally. But when the childbed purgations are stopped, their flux must be promoted, according to the directions in the Section concerning the Lochia.

When the glands of the womb are so swelled, as that their substance is preternaturally augmented, it is called a *Scirrhus Tumor*: and if this Scirrhus Tumor happens

happens to suppurate, it is generally termed a *Cancerous Ulcer*. This disorder may be occasioned by the same causes as a Scirrhusity in the Liver, or any other glandulous part: but, in particular, it may proceed from a suppression of the courses, or childbed purgations, from moles or false conception, from a hard labour, or from a violence done the womb in extracting the child.

The signs of a Scirrhus Tumor in the womb are, a hardness and resistance in the region thereof, with a sense of weight, as though the womb were going to fall down into the privities; which is chiefly observable when the patient stands upright: but upon sitting, or lying, the weight presses upon the *Intestinum Rectum*, or great Gut. This is generally without a fever, or any extreme pain; which distinguishes it from an inflammation of the same part. If it proceed from obstructions, it is known by the symptoms that proceed and accompany it. When it affects the neck of the womb, that part will be increased in bulk, and feel hard to the touch: and when it has seized the bottom of the womb, it may be felt by pressing the hand upon the region of the *Os Pubis*. In a mole, if the courses flow at all, it is very irregularly; the breasts swell, and sometimes contain Milk: a Scirrhus Tumor therefore is distinguished from it by this, that if the courses flow here, they flow regularly, and at their usual periods, and the breasts are usually less than ordinary. When this Tumor is inclinable to degenerate into a Cancer, or Ulcer, the pain augments, grows acute, sharp and pricking. And if the Tumor be in the neck of the womb, it appears unequal, not unlike a cluster of grapes, and of a livid, or black colour; the veins surrounding it are blackish, swelled, and appear as so many roots proceeding from it; and lastly, when it suppurates, or turns into a cancerous Ulcer, it ouzes out a sanious matter, of a brown or blackish colour, very ill-scented, not unfrequently thick, or mixed with blood: and sometimes if any of the larger vessels should be corroded, such a quantity of blood flows, as endangers the person's life. To these symptoms may be added, a lurking fever, uneasiness of mind, or loathing heat in the privities, and sharpness of urine.

urine. It is observable, that these cancers often happen after the time of child-bearing, and that of the monthly courses is quite over.

All Scirrhus Tumors are of difficult cure, and so much the more so as they are large, hard, and of long standing, joined with a scrophulous constitution. The event of them is always uncertain. Cancers in the womb have been held incurable, because of the continued discharge of viscid humours on the part: but the contrary is probable, from some instances; and many have lived long under a Scirrhusity, and seemed, at last, to owe their death to other causes.

A slender diet is the most proper in these cases. All spirituous and strong liquors, especially those brew'd with malt, are thought hurtful. A Diet drink may be made for common use with Guaiacum, Red Sanders, and Sassafras Woods; these being all of a drying nature, and very helpful. If flesh meat be eaten, let it be of the most light sorts, and easy of digestion.

When the patient is plethoric, her courses suppressed, or have lately left her entirely, it is proper to begin the cure with bleeding; and afterwards to purge gently, as in the forementioned cases.

If the disorder prove obstinate, it may be proper to take a Vomit or two of Turpeth Mineral, to make a revulsion of the humours. And during the use of such means, if the pain be violent, it may be appeased by taking the Anodyne Balsam mentioned in *page 56* according to the directions there given, and continuing it, at intervals, all the time that she is either purging or vomiting.

When the Tumor comes to a Suppuration, and turns to an Ulcer, it may be cleansed and healed with the following Injection, repeated two or three times a-day: observing however, all the time the cure is in hand, to purge, or take a Vomit, once in four or five days.

Take Barley Decoction, a Pint; Terebintinate Balsam of Sulphur, Balsam Capivi, and Venice Turpentine, of each half an Ounce; Balsam of Peru, two Drams: mix, and inject with a proper Instrument.

It is sometimes found necessary in Scirrhus Tumors, and Uterine Ulcers, to have recourse to a Salivation. When this is the case, there is no patient but will require somebody of skill to attend and manage her, according as her circumstances arise, and symptoms appear. I shall not give any directions therefore for that difficult and dangerous process, because I would not encourage any one to undertake it rashly.

The matter of the Ulcer sometimes proves very corrosive, so as to eat away the adjacent blood vessels, and occasion a violent flux of blood: to stop which, the following Styptic Solution should always be kept in readiness by the patient, to be applied with Pledgets, as occasion requires.

The Styptic Solution.

Take Lime-Water and Red Wine, of each four Ounces; best Vinegar, two Ounces; Roman Vitriol and Roche Allum, of each six Drams; Sugar of Lead, two Drams: dissolve what is dry in the Liquids.

But if the application of this should prove very painful, Bolsters dipt in hot Oil of Turpentine may be used instead thereof, and usually with very good success.

Ulcers frequently seat themselves in the neck, and but seldom at the bottom of the womb. They are very apt to proceed from Venereal causes; and are not easily and suddenly cured, because of the natural moisture of the part. When they happen at the bottom of the womb, they cannot be reached to advantage, any other way than by injection, which should be made as above. But when they happen in the neck, and the matter is foul, they may be dressed once a-day with the following Ointment.

Take Ointment of Gum Elemi, an Ounce and a half; Red Precipitate levigated, Myrrh, and long Birthwort Root, of each one Dram; Balsam of Peru, half a Dram: mix.

And

And in order to facilitate the cure, the following Bolus is a good internal. It should be taken every night at going to bed, and continued for some weeks, or till the cure is perfected.

Take Cinnabar of Antimony, one Scruple; Gum Guaiacum, half a Scruple; Confection of Hips, a sufficient Quantity to make one Bolus.

A Gangrene of the womb is a beginning mortification, either of some part, or of the whole; which when complete, and the part has no sensation, is called a *Sphacelus*, or Sideration. A Gangrene may proceed from inflammations, abscesses, scirrhotities, or ulcers; also from the pressure of the foetus upon the womb, or moles adhering thereto; or from the corruption of a dead foetus, retention of the after-birth, virulent ulcers, venereal disorders, the whites, blows, or bruises.

When a Gangrene begins, there is a greater heat felt in the part than usual; the pulse is weak and quick; the parts affected at length grow cold, soft, livid, and black, like a dead and corrupted carcase: and when the case is turned to a Sphacelation, they remain without any sense of feeling, even when cut or pricked with a sharp instrument, while a stinking steam exhales from them. In most of these cases there must be Surgeon's work, for which I will give no directions, but only say what may be of use to the patient herself, or those about her.

Internal remedies are here thought to be of little service. The best are Decoctions of Guaiacum and Sassafras Woods, for which I have already given several forms. And with these may be joined the following Injection.

Take Tincture of Myrrh, camphorated Spirit of Wine, Egyptian Honey, and Spirit of Sal Armoniac, of each two Ounces: mix, and inject with a proper instrument three times a-day.

Pledgets also dipped in this liquor hot, may be applied to the part. And the following Fomentation, used frequently,

frequently, and a small quantity of it injected, may do service in some cases.

Take long Birthwort Root and Gentian, of each one Ounce; Leaves of common Wormwood, Water German-der, and Tobacco, of each two Handfuls; Stinking Nettle Seeds, one Ounce: boil them in three Pints of Spring Water, till you can strain out but a Pint and a half; to which add Tincture of Myrrh, camphorated Spirit of Wine, Spirit of Sal Armoniac and Tincture of Cantharides, of each one Ounce and a half: mix them well, and use as directed.

But, where the thing is practicable, as when it lies in the neck of the womb, it is held the surest way for the Surgeon to cut off the mortified part; which has sometimes been done with good success. The taking of the Bark also, in some late cases, has been found effectual. But good advice should always be had in those dangerous cases.

S E C T I O N XII.

OF BARRENNESS IN WOMEN; INCLUDING ALSO WHATEVER IS MOST EFFECTUAL AGAINST IMPOTENCY IN MEN: AN ACCOUNT OF GENERATION, CONCEPTION, &c.

BARRENNESS, is such a state of a woman's body, as indisposes it, upon the use of the natural means, to conceive and propagate her species. This distemper proceeds from many sources, which may be reduced to these two general heads.

First,—An indisposition of the parts to receive the male semen in the act of copulation, or that vital efflu-
vium streaming from it, which alone can impregnate the ovaria.

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Secondly,

Secondly,—An inaptitude to retain and nourish the vital particle after it is injected, so as to make it grow, and expand its parts, till it becomes a proper foetus.

The reception of the seed is hindered by many causes; as, immature age, when by reason of the narrowness of the genital passages, the woman cannot admit the virile member, or at least not without great pain, which makes her dislike copulation: and old age hath sometimes the same effect; for, in elderly virgins, the parts are so straitened for want of use, that they cannot without difficulty, contribute to the means of generation. Women who are lame also, or have their limbs distorted, or their hips depressed, cannot always lie in such a posture as is necessary for a fit reception of the semen. Too much fat likewise stops the passage, particularly, when the Omentum presses upon the orifice of the womb, and renders the copulation incommodious. And, when a woman is troubled with a cold intemperament of the womb, she becomes dull and indifferent as to conjugal embraces, in which she hardly enjoys any pleasure, or is so slowly moved, that the inner orifice of the womb does not open seasonably to receive the man's seed. The passions of the mind also are thought to be a great hinderance to fertility, especially hatred between man and wife, whereby the woman, having an aversion to enjoyment, does not supply spirits sufficient to make the genital parts turgid at the time of coition: nor can the womb then kindly meet the effluvium, and draw it into its cavity in due manner.

Swellings, ulcers, callosities, obstructions, distortions of the genital or neighbouring parts, may be so many impediments to the proper reception of the male semen, or its retention and nutriment after reception. A stone in the bladder may have the same effect; as may a too great moistness and slipperiness of the womb or vagina, when they are filled with excrementitious humours, and rendered too lax. Conception is also hindered by a hectic, hydropic, or feverish sickly habit; by a deficiency or obstruction of the monthly courses, when the natural briskness of the blood is wanting; by an immoderate flux of the courses, which impoverishes the fluids;
by

by the whites, which, continuing too long, relax the glands of the womb, and drown, as it were, the prolific particles.

On the side of the man also there may be many causes of infertility; as a seminal weakness; a want of a due erection; virulent or ill-cured venereal cases; fast living; a worn-out constitution; and sometimes, there may be no defect discoverable on either side, yet the parties remain without issue, notwithstanding the most earnest desire of propagating their species.

When a swelling actually appears in the uterine vessels, when the menses are irregular, or when the whites have continued long, if by the use of proper means the woman does not conceive under these circumstances, she may then impute her barrenness to the present disorder. And here her own reason will dictate to her, that she must have immediate recourse to the remedies prescribed for that particular illness with which she is afflicted. When she is very fat and bulky, and has room to think her conception is thereby hindered, her only way is to correct that vicious habit by a thin spare diet, and proper evacuations.

If the lips of the privities or the entrance of the vagina are closed, it is manifest to the sight: but when the orifice of the womb is shut up, it is difficult to be known, while the patient is very young, and till her courses come down; when it occasions great pain and heaviness in the uterine vessels, from the detention and pressure of the menstrual flux; the belly swells, the patient becomes sickly, and sometimes a swelling is formed in the cavity of the womb.

It is very unsafe to prognosticate a perpetual Barrenness from one that is present, even though there be a total obstruction of the courses, or a long continued flux of the whites. But when the patient is once certain, that it happens on account of ulcers or callosities in the parts, it may not be rash to say, that conception is impracticable till these are removed. When there is a total want of erection, or of a seminal matter on the side of the male, generation for the present is not only impossible, but the cure very precarious and difficult. When the sheath of the womb is naturally imperforated, which is sometimes the case in new-born

infants, it proves mortal in a few days time, without the help of a Surgeon, upon account of the urine's being detained. If the womb be naturally closed with a membrane, it may be of ill consequence, unless cut away before matrimony, or the eruption of the monthly courses.

Where Barrenness seems owing to any particular distemper, the regimen to be observed must always have regard thereto. But when it happens through a cold and languid constitution in the woman, or through a feminal weakness, or want of erection in the man, the diet should be very nourishing, moderately astringent, easy of digestion, and pretty well seasoned. Strong Jellies, Broths, Sago, Chocolate, &c. are here thought proper. The exercise should be moderate, the air clear and cool, if the patient's circumstances will admit of it; the sleep not over much; and conjugal enjoyments, if not wholly omitted, should be sparingly indulged for some time.

Preparatory to the cure of infertility in either sex, it is proper to use evacuations, unless any particular symptom shew them to be dangerous. Bleeding, lenient purgatives, such as the Solutive Electuary in page 49, and a gentle Vomit of Ipecacuanha, especially if the person be plethoric, or cacohymic, cannot but be of great service; because most of the medicines to be prescribed, in this case, being aromatic, or highly nourishing, may otherwise bring on inflammatory disorders, as the pleurisy, inflammation of the lungs, and the like.

Due evacuations having been complied with, proceed with the following strengthening Electuary.

Take Roots of Satyrion and Eryngo candied, of each one Ounce; Powders of Cinnamon, Sweet Fennel Seeds, and preserved Ginger, of each half an Ounce; Mace, Roots of Contrayerva and Spanish Angelica, of each one Dram; Troches of Vipers, one Ounce; Juice of Kermes, six Drams; Tincture of Cantharides, half a Dram; Syrup of Cloves, a sufficient Quantity to make an Electuary. Let the quantity of a large Nutmeg be taken every morning early, at about five o'clock every afternoon, and at night going to bed; and let this course
be

be continued as long as the case requires. Three spoonsful of the following Wine should be drank after each dose, to the efficacy of which it will make a considerable addition.

Take Canary Wine, two Quarts; Cloves, Nutmegs, long Pepper, lesser Cardamom Seeds, Virginia Snake-Root, and Cochineal, of each one Dram and a half; Syrup of Citron Peels, four Ounces: infuse the Aromatics, and mix in the Syrup.

Another Strengthening Electuary.

Take Conserve of Orange Peels, one Ounce; Venice Treacle, and Confection of Kermes, of each half an Ounce; Species of Diambrae, Winter's Bark, Powder of Saffron, lesser Cardamom Seeds, Carraways, powdered Nutmegs, Virginian Snake-Root, and Cloves, of each one Dram; Viper's Flesh, one Ounce; Balsamic Syrup, enough to make an Electuary. Let this be taken in the same quantities, and with the same intervals as the other, drinking after it four spoonsful of the following Infusion.

Take Cinnamon, powdered, one Ounce; Sweet Fennel Seeds, bruised, and Lavender Flowers, of each half an Ounce; Spanish Angelica Root, Ginger, Contrayerva, Mace, and Cochineal, of each one Dram and an half; Canary Wine, two Quarts; infuse according to Art for two or three Days, and to the strained Infusion, add Syrups of Saffron and Cloves, of each two Ounces.

Both of the foregoing Electuaries and Infusions are most excellent for the purpose of curing sterility. They rectify and warm the blood and juices, increase the spirits, invigorate and revive the whole human machine, and not only raise the appetite to venereal embraces, but remove the usual obstructions of fertility, prepare the semen for performing its office, and the ova for impregnation. In a word, they warm, comfort, and excite the generative powers to admiration, and seldom fail of performing a cure in twenty or thirty days, if duly followed, and the barrenness, or imbecility, be not absolutely incurable by medicine.

According to my usual method, however, I shall insert prescriptions for remedies under other forms, that the patient may be under no difficulty with regard to taking such things as may be of service, from any particular antipathy. For those who choose *Boluses*, the following are not to be mended, hardly to be equalled.

Take Spanish Angelica Root, Cinnamon, powdered, Castor, and Salt of Vipers, of each five Grains; Mithridate, two Scruples; Oil of Nutmeg, two Drops; Syrup of Cloves, enough to make a Bolus. Let this be taken twice a-day, morning and evening, for ten or fourteen days, drinking after it a few spoonful of Canary Wine, or the following Cordial Draught.

Take Black Cherry Water, two Ounces and a half; Syrup of Citron Peels, six Drams; Tincture of Cantharides, three Drops: mix for a single Draught.

The same Mixture may be drank after either of the other *Boluses*, which here follow.

Take Virginian Snake Root, Compound Powder of Rosemary Leaves, Carraways and Nutmegs, powdered, of each five Grains; Oil of Cloves, one Drop; Venice Treacle, two Scruples; Syrup of Citron Peels, enough to make a Bolus.

Or,

Take Cochineal, Ginger, Aloes Wood, Cloves, and Mace, all powdered, of each four Grains; Oil of Fennel, two Drops; Balsam of Peru, four Drops; Conserve of Oranges, two Scruples; Syrup of Saffron, a sufficient Quantity to make a Bolus. Either of these may be continued a lesser or a longer time, according to the weakness of the patient: but usually fifteen or twenty of them, taken night and morning, are found sufficient to answer all the purposes that can be expected from stimulating medicines.

The following Drops will be no less effectual to those who may prefer that form.

Take

Take Spirits of Clary, Saffron, and Castor, and Tincture of Cantharides, of each one Dram: mix. Take about fifteen drops, thrice in a day, in a glass of Wine, or any proper vehicle.

Even they who consent to take one of the Boluses, may take the Drops also, once a-day at least, and most constitutions twice, until a cure be effected. The following are not inferior in efficacy.

Take Tincture of Saffron, Sal Volatile Oleosum, Tinctures of Castor and Cantharides, of each one Dram: mix. Let it be taken in the same quantities as directed for the other, but with four spoonsful of this agreeable Julep.

Take Black Cherry, Mint, and Alexiterial Milk Waters, of each four Ounces; strong Cinnamon Water, four Ounces; compound Spirit of Lavender and Spirit of Saffron, of each two Drams; Syrup of Citron Peels, one Ounce and a half: mix for a Julep.

The following prolific Species, or Powder, without the use of Cantharides, may answer the same intention. Some, therefore, in all likelihood, will prefer it, who have an aversion to that violent provocative.

Take Balsam of Tolu, Gum Storax, and Lavender Flowers, of each half an Ounce; Vipers flesh pulverized, two Ounces; Cinnamon pulverized, three Drams; Winter's Bark, two Drams; Powders of Saffron, Castor, Galengals, Sweet Fennel Seeds, and Carraway Seeds, of each one Dram and a half; Flowers of Benjamin, Ginger, long Pepper, Contrayerva, lesser Cardamom Seeds, Species Diambrae, compound Powder of Rosemary Flowers, Cloves, Nutmegs, and Mace, of each one Dram: mix them well together. The dose of this Powder is one scruple, taken twice every day, in a glass of such liquor as the patient shall think most agreeable.

Lozenges, by some, may be thought less troublesome to take, than either the Electuaries, Boluses, Tinctures, or Powders. Where this shall happen, they may be thus made.

Take

Take of the foregoing prolific and aromatic Powder, Juice of Kermes, and White Sugar, of each two Ounces; compound Spirit of Lavender, half an Ounce; Mucilage of Gum Tragacanth, enough to make it into small Lozenges; of which let one be frequently dissolved in the mouth.

I must add another Tincture, which stands highly recommended: and perhaps there is no form of medicine which can here do more service, provided it be carefully managed, and not taken in too large quantities: for as Tinctures and Elixirs, or what are commonly called Drops, contain the virtues of their several ingredients in a little room, great caution should be had in using them in the present case, where too great a dose may stimulate beyond what is proper.

Take Spanish Angelica Root, Contrayerva, Virginian Snake Root, Ginger, and lesser Cardamom Seeds, of each six Drams; Nutmegs and Cloves, of each three Drams; Mace and Cochineal, of each one Dram and a half; Spirits of Clary, Lavender, compound Castor, and Saffron, of each one Pint: Digest according to Art. To every half Ounce of this Tincture, add Tincture of Cantharides, half a Dram. Let thirty drops be taken twice or three times every day.

Some women, who may object against the generality of remedies for this intention, may be induced to take a glass of the following clear, grateful Water, under the notion of a Cordial.

Take Spanish Angelica Root, lesser Galangals, Florentine Orris, Horse Radish, Dragons, of each two Ounces; Clary and Baum, of each six Handfuls; Lavender Flowers, four Handfuls; Seeds of sweet Fennel, Carraways, and greater Cardamoms, Castor, Saffron, and Cinnamon, of each one Ounce; Juniper Berries, two Ounces; Cloves and Nutmegs, of each half an Ounce; best French Brandy, two Gallons; Spring Water, a sufficient Quantity for Distillation: Draw off two Gallons of Water, to which add double refined Sugar, enough to make it palatable.

The

The Cantharides in the foregoing prescriptions, where they are introduced, may either be omitted, or their quantity diminished or augmented, according as the case requires: but in this great care and judgment are necessary, especially when the quantity is to be enlarged. The dose of them here, is adapted to common cases, and will seldom need any variation. However, if they cause a heat of urine, or a strangury, they are directly to be laid aside, and Gum Arabic must be dissolved in the broths, emulsions, and other liquids, which the patient may make use of.

Where there is a sufficient erection, and only the semen is wanting, all stimulating and aromatic medicines must be entirely omitted, or properly corrected, and the cure attempted with balsamics chiefly, assisted with a nourishing diet. The Balsamic Electuaries in the Section for the Whites, *pages 105 and 106*, are here very good, to be taken as there directed.

During the use of internals, external Liniments are found to be of service. The following are justly applauded for their efficacy.

Take Soldier's Ointment, two Ounces; Oil of Nutmeg by Expression, two Drams; Tincture of Castor, half an Ounce: mix.

Or,

Take Nerve Ointment, two Ounces; Oil of Mace by Expression, one Dram and a half; Balsam of Peru, two Drams; Chymical Oils of Lavender, Cloves, and Rhodium, of each four Drops: mix.

Or,

Take Palm Oil, two Ounces; Oils of Marjoram, Origany, and Mint, of each five Drops; Tincture of Castor, half an Ounce: mix.

Anoint the parts between whiles with either of these Liniments; that is to say, the penis and scrotum, if it be for a man, and the pudendum, if for a woman, and it will not fail of administering comfort and strength. If any thing yet more stimulating be desired, a dram and a half, or two drams, of Tincture of Cantharides, may

may be added to either preparation. But I would not advise any debilitated person to be too busy with high provocatives; because they may incite to the use of venery before nature is prepared for it, and so exhaust the animal more by one single action of coition, than it would be by twenty in the common way. It is better, therefore, for most persons, to keep to the Liniments, as simply prescribed, that their strength and ability may be always equal to their inclination.

Pessaries for the same purpose, may be prepared and used by the Fair Sex, thus :

Take of the best Honey, half an Ounce; powdered Nutmeg, Castor, and Cloves, of each one Scruple; Laurel Leaves, powdered, a sufficient Quantity to make a Mass. Mould this into a proper form to put up the privities, where let it remain two or three hours after going to bed.

But as this ancient form is almost abolished in the present practice, those who like it better, may, instead of a Pessary, make use of the following Injection.

Take Cloves, Nutmegs, Ginger, Spanish Angelica, of each one Dram; Ales Wood, Mace, Cardamom Seeds, of each one Scruple; Mint Leaves, one Handful; infuse them in a Pint of White Wine, and Boil over a gentle Fire till it is reduced to twelve Ounces: Then strain it, and inject two ounces warm every night going to bed, till the whole be used.

When the parts abound with moisture, restringent or aromatic Fumigations may be used to advantage, as in the case of the whites, and of the falling down of the womb and fundament. The ingredients proper in the present case, are *Sorax, Cloves, Nutmegs, Castor, Ginger, Spanish Angelica Root, and Galangals*. Equal quantities of those may be taken powdered, and mixed together, and about an ounce of the mixture is sufficient to burn at a time, according to the directions in the place above referred to.

Where other things have failed, the Cold Bath hath been of service to both sexes, especially in some phlegmatic constitutions. A journey to *Bath* also, or *Tunbridge*, and drinking the waters for some time, hath been attended with good success. As for the advertised medicines for these disorders, they cannot be depended on, because no one remedy can suit every constitution.

Changing of sides in bed, may be a probable means of changing the sex in our offspring, and helping those who before had only girls, to beget and conceive a boy: I would here recommend the same practice to those ladies who have been hitherto barren, that piece of management, trifling as it is to appearance, having been often found successful, even when medicines have failed, and will hardly miss of satisfying their desires, where there is no real defect on either side, if used together with proper remedies. Mechanical reasons might be given for what is here advanced, were they necessary.

Having before cautioned against the too frequent use of venery, especially for those who seem to be infertile through weakness, it will be proper just to hint the most auspicious seasons for performing the conjugal act to good purpose. It has been found then to good experience, that though a woman may conceive at any time during the three weeks that her courses are entirely off, yet she is more apt to do so immediately after their ceasing, than at any other time between the periods of their return. This hint may be made use of to weakly people, where the man and the woman are both equally prudent and temperate.

I need not add any thing farther concerning the regimen that is necessary, to such women as are willing to become fruitful, because reason will dictate that feeding moderately, and at due season; going to bed betimes at night, and not lying too long in bed in the morning; as they all contribute to the establishment and preservation of health in general, so they must be of peculiar service in the present case, where a healthy constitution, a rich store of the fluids, a vigorous and firm temper of the solids, and an abundance of spirits are commonly the only things wanting. Cheerful and gay company may be also of service to promote these, and consequently to render the nuptial bed fruitful.

There

There is a certain occult and secret species of Barrenness, that cannot be attributed to any of the causes before assigned, or indeed to any sensible cause at all. This happens when no manner of defect is discoverable, on the side either of the male or female, and yet they shall, against their inclinations, remain without issue. Many odd conjectures have been started on this account, concerning the possible causes of sterility, when neither person appears to be in fault. Some superstitious people have imputed it to sorcery, and recourse has been had to incantations, amulets, charms, and magic rites, in order to the cure. But people of understanding give no heed to such fables, being satisfied, that when both parties are of suitable years, brisk, and not labouring under any apparent weakness or indisposition, if fertility do not follow their nuptial intercourse, there must be some real and mechanical reason for it, though not obvious to the senses. And the most natural causes that can be here supposed, are either that there is some obstruction in the womb trumpets, which hinders the spirituous part of the male seed from passing through them to the ovaria, or else that the ova or eggs themselves are some way faulty, so as to be incapable of impregnation. Now there cannot be any thing better contrived than the remedies introduced in this Section, to remove either the one or the other of these causes, and therefore I dare recommend them as almost infallible in such cases, provided a due regimen can be kept while they are taking.

Though I lay no stress on the power of magic in the case of sterility, yet perhaps some of the external remedies prescribed in compliance with that notion may be used to some good effect, not from any secret charm contained in them, but from the natural virtues of the ingredients that compose them. The following Girdle, for instance, may be tried, by those who think proper, at the same time that well adapted medicines are taken internally.

Take Eryngo Root, Zedoary, white Dittany, Florentine Orris, of each half an Ounce; Contrayerva Root and Ginger, of each two Drams; Leaves of Mint and Clary,

Clary, of each half a Handful; Coriander Seeds, Cloves, long Pepper, Rosemary Flowers, Orange Peels, Yellow Sanders, the best Russian Castor, Saffron, Volatile Sal Armoniac, of each one Dram; make them all together into a coarse Powder, which sew up in a Silken Girdle, and wear it round the Waist.

If the womb be indisposed through weakness, relaxation, or the whites, so that it cannot retain the semen, it will be proper to use astringent fomentations, or fumigations, according to the directions given in the preceding Sections. But when the case proceeds from a venereal taint, communicated by an ill husband or otherwise, or from an obstruction of the courses, from ulcers or callosities, a due regard must always be had to the particular distemper that occasions it, before any cure of sterility can reasonably be expected. The person afflicted, in these cases, may consult the foregoing Section for her direction.

When the lips of the privities grow together, they are cautiously to be separated by incision, and the sides kept asunder for some time, by rags dipped in a proper ointment. And if the mouth of the womb should happen to be closed, a proper pessary of cork, cased over with wax, may be introduced to keep it open. But the assistance of a skilful surgeon being always necessary in these extraordinary cases, I choose not to insist on them any longer.

I shall add only a few words, directed peculiarly to the men, who find themselves incapable to propagate their species, though they have not any natural defect in the instruments of generation: for as to absolute impotency and incapacity of fruition, as it is manifest enough to the sight, so it is what no man living will pretend to cure; on which account our laws have given the wife a remedy, where there can be none for the husband, by allowing her to sue out a divorce, and marry another man.

A simple gleet is one of the most common causes of insufficiency. It greatly invervates the whole man, is attended with weakness, and oftentimes pain in the back, heaviness and pain in the testicles, and, without help, usually terminates in that kind of consumption which is called a *tabes dorsalis*, or consumption of the

back. It is a constant oozing of a clear feminal matter, which distinguishes it from an impure venereal running. A man that is troubled with it, would do well never to attempt to propagate his species, till such time as he is perfectly cured; for besides that his endeavours would be ineffectual, they would infallibly heighten his infirmity.

The best medicines in the whole body of physick for this dangerous distemper, are those internal ones prescribed in the Section concerning the Whites; which being constantly taken for some time, in the same quantities, and with the same intervals, as directed for women under that disorder, abstaining all the time from venereal embraces, (excess in which is commonly the cause of a simple gleet) will as certainly and completely cure this flux in men, as they will the other in women, there being much similitude between these two distempers.

The same directions should be exactly followed by those men whose seed is rendered too thin and watry, though without any such laxation of the feminal vessels as occasions a simple gleet; and also by those men, who, through some weakness of the parts, are apt to emit their semen as soon as they entertain any amorous thoughts, by which means they are not only hindered from procreation, but even from fruition itself. In both these cases, I say, as well as in a simple gleet, abstinence from conjugal embraces, and the use of balsamic medicines, as in the whites in women, are the most effectual means of obtaining a cure.

As to all other causes of impotency, such as a defect of the animal spirits, an infertile quality of the semen itself, they are to be cured, if curable, by the remedies for barrenness.

SECTION XIV.

OF THE MANAGEMENT OF WOMEN WITH CHILD,
AND THE DISORDERS ATTENDING PREGNANCY;
AS LOATHING AND VOMITING; LONGING;
FAINTINGS; LOOSENESS; COSTIVENESS; SWEL-
LING AND PAIN OF THE BREASTS; PAINS OF THE
BACK, HIPS, AND LOINS; SWELLING OF THE
LEGS AND THIGHS; DROPSY IN THE WOMB;
BEARING-DOWN OF THE MATRIX; DIFFICULTY
AND INCONTINENCE OF URINE; COUGH AND
DIFFICULTY OF BREATHING; PILES; CONTI-
NUANCE OF THE COURSES; FLOODING, &c.

DURING the time that a woman is pregnant, every thing that might any way prove offensive, as all disagreeable sights and smells, ought to be avoided by her with the utmost care. The air in which she is kept, if circumstances will permit, should be neither too hot nor too cold; but mild, clear, and refreshing. She may drink a little wine to comfort her stomach, which in this condition is always weak; and red wine is universally held to be the most proper, especially in case of a loathing and vomiting. As to her diet, particular regard must be had to gratify her desires, especially if they arise to what is called longing, because a denial may here be dangerous to both mother and child. Her food, when she has no particular appetency, should be light, and easy of digestion: it should be taken frequently, and not in too great quantities at a time. Sleep should be indulged, a woman needing it more when with child than at other times. As to exercise and rest, she may regulate them according to the different periods of her pregnancy. Exercise should at no time be violent; but during the first two or three months after conception, must be peculiarly moderate, for fear of causing a miscarriage. She should be equally careful towards the time of her delivery: and therefore those midwives are very bad counsellors, who, for the sake of

promoting what they call a good time, advise to the contrary practice. Riding on horse-back, or in a waggon, or indeed in a coach, without great precaution, is not safe at any time of a woman's pregnancy, especially during the first and last months of it: during the first, because it may occasion abortion; and during the last, because it may render the labour difficult and dangerous, by forcing the child into a wrong situation. For the same reasons copulation should be avoided at these times, or used with great moderation. Riding in a chair, or walking gently and carefully, may at any time be indulged. But a pregnant woman must not carry or lift heavy burdens, or raise her arms too high; for which reason she ought not to dress her own head. When she walks, it is proper to have low heels to her shoes: and let this be a general maxim, that too much rest is here better than too much exercise, let the nature of the exercise be ever so moderate: for more hard labours are occasioned by activity in the time of pregnancy, than by any other cause. And let me again repeat it, that copulation during the last two months is hazardous; because the whole body is so much moved, and the belly so compressed in the action, that it is apt to put the child into a wrong posture, which may be attended with very bad consequences.

A pregnant woman should carefully moderate her passions. Great precaution should be taken by those about her, that she be not frightened, and that melancholy news be not suddenly told her. But though they must endeavour to keep her as cheerful as possible, they should likewise avoid giving her any sudden surprises of joy, as well as of grief, because excesses on either head may be prejudicial. Her cloaths should sit easy; for any immoderate pressure is apt to make the child deformed, and may hurt the mother by affecting her breasts, and even causing her to miscarry. As to her physical regimen, if she be sanguine, or subject to inflammatory disorders, it may be proper, now and then, to breathe a vein during the time of pregnancy; but especially soon after conception, upon the total obstruction of the courses, and again about the sixth or seventh month. However, unless there be some apparent occasion, it is the general opinion that bleeding should be wholly

wholly avoided. Strong purges are likewise dangerous; therefore, when a Cathartic is found necessary, nothing more violent should be used than Cassia, Rhubarb, or Manna. The Cassia may be sucked out of the canes, in such quantities as are found sufficient; the Rhubarb may be chewed, according to the same rule; or an ounce and a half, or two ounces of Manna may be dissolved in Posset-drink, and used upon occasion in the morning.

Having given these general directions for the conduct of pregnant women, I proceed to consider more particularly, the several violent disorders and symptoms to which they are subject.

First,—A *Nausea*, or *Loathing*, attended with a *Vomiting*, is what generally happens to women with child, from the suppression of the courses, or the growth of the fetus. These symptoms appear soon after conception, and generally continue till the third or fourth month. When they cease, the mother recovers her appetite, as also her colour, which was before faded. But sometimes these symptoms remain during the whole time of pregnancy, and increase towards the end of it, which is a sign that the child lies high. This disorder is not dangerous, unless it continues longer than the third or fourth month; after which it ought to be removed, lest miscarriage should follow. When it is attended with a hiccup, and the pregnancy far advanced, the symptom is thought bad. The food, in a loathing, ought to be light, and easy of digestion, and taken little at a time. Acids should be used both with eatables and drinkables, as *Lemon Juice*, *White Wine Vinegar*, *Saville Orange Juice*, &c. Broth, mixed with the yolk of an egg, is very proper between whiles; and after meals, a little marmalade of quinces may be taken to advantage. Fat meats and high fauces, as well as sweet things, should be forborne. Some recommend bleeding at the end of the fourth month; and it may not be amiss when the patient is sanguine, but must not be used otherwise. At any time of the pregnancy, *fifty drops of compound Spirit of Lavender*, may be given in a glass of Red Wine, or other suitable liquor. When the reaching is so violent as to interrupt her sleep, let the patient take the following *Anti-emetic Mixture*, which

is most excellent, and may be taken between whiles, about half a spoonful, or somewhat more, at a time, observing a due distance from her meals.

Take Lemon Juice, two Ounces; Salt of Wormwood, one Dram; strong Cinnamon Water and Black Cherry Water, of each one Ounce; fine Sugar, enough to make it palatable.

At the same time, an application may be made to the stomach of the *Magisterial Stomach Plaster*, which should be kept there while the disorder remains. And if it be cold weather, it will not be improper to wear a lambskin, or somewhat equally warm, over the stomach and belly.

If the person be costive during her disorder, it will be proper for her to take the following gentle Cathartic, which may be repeated as occasion requires.

Take Tamarinds, half an Ounce; Sena, one Dram; Rhubarb, one Dram and a half; Boil them in a sufficient Quantity of Spring Water: In three Ounces of the strained Liquor, dissolve an Ounce of Manna, and an Ounce of Syrup of Succory with Rhubarb: mix, and take it in a morning.

Second,—Longing is another disorder of pregnant women. When a mother longs for any particular thing, she appears pensive, dejected, and restless. Upon being asked the meaning thereof, she generally confesses it, and sometimes of her own accord. If what is thus longed for can be had, it is proper to procure it immediately, as the only way to prevent bad consequences. When she is possessed of what she craved after, she usually devours it with great greediness, and immediately grows better.

Third,—A Syncope, or Fainting, and Lowness of the Spirits, are likewise common attendants upon pregnancy. The pulse at these times is weak, and hardly perceptible, and the circulation languid. The woman commonly falls into a cold sweat, visible upon her face; grows pale; has a tremor upon her nerves; feels a sinking at the heart, and a pain at the stomach. These symptoms

symptoms may happen at any time during the pregnancy, but are usually most frequent about the fourth and seventh months. They are seldom of bad consequence, unless very common, violent, and of long continuance; and then they may endanger miscarriage: as they frequently do, when occasioned by sudden surprise.

If the person be plethoric, or the fit occasioned by a fright, bleeding is necessary, drops of *Tincture of Saffron and Sal Volatile Oleosum*, about thirty or forty at a time, should be taken in wine, water, or any proper cordial by women who are thus afflicted. During the fit, proper means must be used to bring her out of it, as by applying *volatile Salts*, and *aromatic Spirits* to the nose, by dipping the hands in cold water, or sprinkling it on the face, as in other fits. And to complete the cure, let three spoonsful of the following Julep be taken once in five or six hours.

Take Black Cherry Water and strong Cinnamon Water, of each three Ounces; Syrup and Tincture of Saffron, of each one Ounce; Confection of Kermes, three Drams; Compound Spirit of Lavender, half an Ounce; Sal Volatile Oleosum, two Drams: mix. Continue the use of this till a cure is effected.

Fourth,—A Looseness happening to women with child, sometimes causes great weakness, and endangers abortion. If it continues, therefore, above four or five days, and is attended with painful symptoms, the patient should take care to stop it. In order to which, the following mixture may be of immediate service.

Take small Cinnamon Water, six Ounces; strong Cinnamon Water, two Ounces; Diascordium, half an Ounce; Armenian Bole and red Coral, of each two Drams; Japan Earth, one Dram; Spirit of Vitriol, enough to make it agreeably acid: mix. Let four spoonsful of this be taken after every going to stool.

Let her food be easy of digestion, and little at a time. Claret, mixed with water, wherein iron has been quenched, is a very proper drink; and all malt liquor must be carefully avoided. Barley Broth, Rice
Milk,

Milk, and Gruel, are proper nourishment for her; and where the case does not require such an immediate remedy, as the foregoing, the White Decoction drank freely, with proper regimen, may be sufficient. It is thus made :

Take Powder of burnt Hartshorn, two Ounces; Spring Water, three Pints; boil to a Pint and a half, with a Crust of Bread in it, and a Bit of Cinnamon: then strain, and sweeten it with Loaf Sugar.

Lenient purgatives, when the case will admit of gradual procedure, should be interposed between the astringents. The following Powder therefore may be taken every other day, in a glass of the White Decoction.

Take Rhapontic Powder, fifteen Grains; Oil of Cinnamon, one Drop: mix for a Dose.

The following Bolus, Electuary, Drops, and Draught, are all excellent against a looseness, and either the one or the other may be preferred, as the patient shall seem inclined.

A Restraining Bolus.

Take Diascordium, half a Dram; Armenian Bole, Japan Earth, Mastich, and Dragon's Blood, of each half a Scruple; Oil of Cinnamon, one Drop; Syrup of Mint, enough to make a Bolus. Let one of these be taken night and morning, drinking after it a Draught of the White Decoction.

A Restraining Electuary.

Take Armenian Bole, red Coral prepared, fine Chalk, Tormentile Root, and Gum Mastich, of each half an Ounce; Cinnamon powdered, two Drams, Species of Diambræ and Aromaticum Rosatum, of each half a Dram; Nutmeg and Mace, of each one Scruple; Diascordium and Conserve of red Roses, of each half an Ounce; Syrup of dried Roses and Syrup of Quinces, in equal Quantities, enough to make an Electuary. Let the quantity of a large Nutmeg

Nutmeg be taken three or four times a-day, drinking after it a draught of Tincture of Red Roses, or Red Wine and Spring Water mixed, with a Toast in them.

Restringent Drops.

Take Tincture of Japan Earth, two Drams; compound Spirit of Lavender, one Dram: mix. Thirty drops of this may be taken at the patient's pleasure, in any proper liquor. It may even be used together with the Bolus or Electuary, observing only that it be at proper intervals.

A Restraining Draught.

Take Armenian Bole and fine Chalk, of each two Drams; Japan Earth, an Ounce: boil them in a Quart of Spring Water, and to a Pint of the strained liquor add, Diascordium, half an Ounce; strong Cinnamon Water, three Ounces; Syrup of dried Roses, one Ounce: mix. Let four Ounces be taken three times a-day.

Fifth,—The child compressing the intestines, is apt to occasion a *Costiveness* in the mother, especially towards the end of her reckoning. This is seldom of ill consequence, and does not endanger miscarriage, unless when it is of that continuance as to cause pains in the head, colical symptoms, the iliac passion, and the like.

If the excrements are hardened in the intestines, a gentle Clyster of Mutton Broth may be given occasionally, or the quantity of a nutmeg of the following Electuary may be taken every night going to bed.

Take Pulp of Cassia, two Ounces; Powder of Rhubarb, two Drams; Cream of Tartar, half an Ounce; Oil of Anniseed, four Drops; solutive Syrup of Roses, enough to make an Electuary.

Sixth,—The *Breasts* of a woman with child are apt to swell and grow painful, especially soon after the courses disappear, and while the foetus is so small as to require but little nourishment: this is occasioned by the large quantity of blood and lymph that then flow to them.

them. They seem also to contain a sort of thin serous milk. But after a few months, when the foetus is grown larger, the hardness and pains go off, the breasts increase in bulk, and the milk becomes more concocted, white, and perfect. The pain and swelling of the breasts at this time are seldom of any ill consequence, being, if moderate, no more than natural: but in case the breasts should suppurate and break, some danger may be apprehended, especially in plethoric and vitiated habits of body.

The mother, in these cases, should be careful not to lace herself any way tight. If the symptoms continue till after the third or fourth month, it will be proper to breathe a vein in the arm; but not otherwise. A gentle purgative, such as the Electuary last mentioned, may be also made use of, if the pain seems any thing fixed. And by this means the symptoms will either vanish, or degenerate into other disorders, in which case they must be treated accordingly.

Seventh,—The *back, hips, and loins*, are apt to be affected with a *heavy and painful Sensation*, occasioned by the weight and pressure of the foetus, especially when it grows large, or after any violent motion, and by the distention of the ligaments. This pain usually proves more severe when a woman goes with her first child, than it does ever afterwards. When it happens naturally, without any strain or external injury, it is never dangerous: but when it proceeds from violent motion, or the like, it may cause abortion, and hath sometimes proved mortal; especially when attended with a fever, a vomiting, or the hiccup.

Rest, in this case, ought to be indulged; and when it proceeds from external injuries, the patient should be confined to her bed. Bleeding, soon after the injury was received, will greatly conduce to the cure; and a dose of the Anodyne Balm, given according to the directions in *page 56*, may be taken to advantage. A strengthening Plaster also may be applied to the region of the loins. But when the pain proceeds merely from the weight or pressure of the foetus, the belly ought to be supported by a proper bandage, or large swathe, fitted for the purpose. And if the person abound with humours, a little blood may be taken away.

Eighth,

Eighth,—The *legs* and *thighs* likewise, in time of pregnancy, are subject to swell, especially towards the close of the day. This symptom is supposed to proceed from an obstruction of the blood, that it cannot return from the veins to the heart, occasioned by the pressure of the child against the vessels. Hence swellings may arise in the veins; and if the distention be violent, pain must necessarily ensue. A swelling happens the readier in those lower parts, because they are dependant, and as the circulation is but weak towards the extremities of the body; and because a fulness is induced by the stoppage of the courses. These swellings being thus occasioned, usually prove œdematous, that is, they pit upon the pressure of one's finger. They generally happen in the last months of pregnancy, and more frequently to sanguine and active women than to others. They seldom prove of ill consequence, and always cease after delivery.

The regimen and diet, in this case, should be suited to the constitution, whether leucophlegmatic or sanguine. In the former, it should be warm and nourishing; but in the latter, thin and cooling. Bleeding may be proper, in case of a sanguine or plethoric habit. The legs should be placed in a horizontal posture as frequently as possible; for which reason, the patient should keep much in bed. If the swelling prove very considerable, warm Fomentations may be made with *red Wine, Flowers of Melilot, Elder, common Wormwood, Laurel Leaves, Marjoram, and Lavender Flowers*. If any particular knots or distentions appear on the veins, let Bandages, or Swathes about three or four inches broad, be dipped in red Wine, or in the Fomentation, and rolled about the part; beginning at the bottom of the leg, and proceeding upwards. Strait Stockings also may be made use of, and laced tight occasionally.

Ninth,—It sometimes happens, during the time of pregnancy, that there is a collection of a watry humour found in some particular membranes, distinct from what includes the child; and this is called *a dropsy of the womb*. Sometimes also, a soft swelling will form itself in the lips of the privities, from a watry humour deposited upon those parts; and this is called *an œdematous tumor*. This frequently happens when the woman

man is dropfical, or of a leucophlegmatic habit; or, when the child preffes fo hard upon the belly and bladder, as to hinder a free difcharge of the urine, or to caufe a rupture of fome of the lymphatic veffels; or, laftly, when any external injury has been received upon the parts themfelves. When the lips of the privities are thus fwelled, they appear white, are foft, and feemingly transparent; though the fwelling is feldom painful, unlefs caufed by external injuries. The parts fink in, or pit upon preffure, and are alfo very apt to itch; and fometimes puff up to fuch a degree, that the patient can hardly ftand upright. In cafe of the dropfy in the womb, the belly will be fwelled preternaturally, and beyond what the time of pregnancy requires; and generally a tumor of the lips attend a dropfy of the womb. Such cafes may prove of ill confequence, by ftraitening the paffage in the time of delivery. A true dropfy of the womb is very rare; and when it happens, the waters thereof commonly break away before the birth.

The diet in this cafe ought to be chiefly folid; and roasted food is to be preferred to boiled. Wine, or other proper liquors, with Broom infused in them, are efteemed excellent drinks in all dropfies; but liquids ought to be fparingly ufed. Common Spring Water, rendered acid with Spirit of Vitriol, may be taken to quench the thirft, being ufed as a Gargle. Strong and forcing diureticks, and violent purgatives, though proper in other dropfies, ought by all means to be avoided in a dropfy of the womb, for fear of caufing mifcarriage. A decoction of the woods, taken as common drink, has been often ferviceable; but nothing muft be ufed that may caufe great commotions in the body. Iflues, being cut towards the beginning of the diforder, may help to difcharge the fuperfluous humours. Sometimes when the fwelling was great, and a large quantity of watry humour contained therein, the lips of the privities have been fcarified with fuccefs. The following Decoction alfo has been recommended, as proper to foment the parts with.

*Take Leaves of Bay, Sage, Rosemary, and Camomile Flowers, of each one Handful; boil them in a fufficient Quantity of Spring Water: To a Pint and a half of the
strained*

strained Liquor, add a Quarter of a Pint of French Brandy. Use it hot, with a Sponge, two or three times a-day.

Sometimes a mere dropſy in the womb has been miſtaken for pregnancy, as being attended with a ſuppreſſion of the courſes, and ſome other of the uſual ſymptoms: but it may eaſily be diſtinguiſhed therefrom by the ſoftneſs of the parts, and the want of turgency and milk in the breſts.

Tenth,—When the fœtus is ſituated very low, or is uncommonly large, the mother perceives a great weight at the bottom of the belly, or has the ſenſation of a *bearing-down, or preſſure of the womb*; and this may happen to be ſo great, as to hinder the perſon from walking without conſiderable pain and difficulty. This caſe alſo may either proceed from, or be made worſe by the whites, falls, or other external injuries, former difficult labours, and the like. The ſymptom is augmented by walking, upon every diſcharge of urine, and grows ſevere towards the time of delivery; ſo as ſometimes to cauſe a great difficulty of urine, a numbneſs of the hips and thighs, a coſtiveness, or an uneaſineſs in going to ſtool. The diſorder, however, is ſeldom ſo violent as to occaſion miſcarriage, unleſs it proceeds from ſome external injury: but when it happens to be ſeated very low, or ſo that the neck of the bladder is greatly preſſed, it may bring on a ſuppreſſion of urine; which is always attended with danger, if it proves of long continuance; eſpecially if the time of delivery be at hand.

The woman, in this caſe, ought to be placed in a pure and temperate air, and her diet and drink ſhould be of a drying and aſtringent nature. Reſt ſhould be indulged; the paſſions of the mind moderated; and the exerciſe, if any be uſed, very gentle. The cure principally depends upon ſuſpending the lower belly, and conſequently the fœtus, by a large ſwathe band, made for that purpoſe. But if the ſymptom be very violent, ſuch aſtringents may be uſed as are before ordered for a looſeneſs, and for an immoderate flux of the piles, *pages 117 and 118*. Yet if the woman be very near her time, aſtringents ought to be exhibited with caution.

When the whites are the cause of this bearing-down, the case must be treated with regard thereto; for which see the Section on the Whites. When it proceeds from external injuries, bleeding is very convenient: and afterwards the use of Balsamic medicines, such as the following Electuary.

Take Powder of Japan Earth, Red Coral prepared, Spermaceti, of each two Drams; Mastich, Armenian Bole, Dragon's Blood, of each one Dram; Conserve of Red Roses, one Ounce; Peruvian Balsam, forty Drops; Syrup of dried Roses, enough to make an Electuary. Let the Quantity of a nutmeg be taken two or three times a-day, drinking after it six spoonsful of tincture of red rose.

But when a bearing-down of the matrix proceeds from former difficult labours, proper cordials, and a Diet Drink made of *Guaiacum Chips, Sassafras, and Sanders*, together with a strengthening and nourishing diet, will be highly convenient. And if the case be attended with a difficulty of urine, the belly must be suspended in such a manner, as to remove the weight from the neck of the bladder: after which, if the difficulty still continues, a dose of *Matthews's Pill*, to the quantity of *six or eight Grains*, may prove effectual, if several times repeated. A numbness of the legs and thighs, in the meantime, if violent, may be successfully treated with warm Fomentations, prepared of *Camomile and Lavender Flowers, Leaves of Common Wormwood, Camphorated Spirit of Wine, Compound Spirit of Lavender, and Hungary-Water.*

Eleventh,—It often happens, during pregnancy, that the urine cannot be contained in the bladder till the usual quantity is collected: this is called an *incontinence of Urine*. At other times we find, that when the bladder is loaded therewith, it cannot without trouble be discharged: this is a *difficulty of Urine*. These disorders may proceed from the large bulk of the child, which pressing against the neck of the bladder, hinders the sphincter muscle from having its proper play, either to hold in, or evacuate the urine. It is towards the time of delivery, therefore, that these disorders are most

most grievous. When they proceed from a stone in the bladder, or an inflammation in the neck thereof, the pain is more violent than when caused by the pressure of the fœtus. A suppression of urine may prove of worse consequence than an incontinence thereof, especially if occasioned by an inflammation, or the stone. But if an incontinence of urine be violent, and continue for any long time, it may cause miscarriage.

Rest in these cases ought by all means to be indulged: the diet should be moderate, and not too high seasoned. When there is a violent incontinence, the patient should lie supine, and be confined to her bed: but in an obstruction, if a small stone be the cause, gentle exercise may conduce to bring it away. When the pressure of the fœtus is great, the abdomen, or lower belly, should be suspended in this case with a swathe, as in the foregoing article. The woman may give herself some ease when she makes water, by lifting up the bottom of her belly with both her hands. When the urine is too sharp and stimulating, it must be moderated by a regular cooling diet, by dissolving *Gum Arabic* in her drinks, and by proper Emulsions of the cold seeds, drank morning and evening. The following is excellent.

Take blanched Almonds, Number twelve; the four greater cold Seeds, of each one Dram and a half; Seeds of Lettice and white Poppies, of each half a Dram: Bruise them together in a Mortar, and pour on them gently three quarters of a Pint of Poppy-Water: make an Emulsion for two Doses, adding first one Ounce of Syrup of Violets, and half a Dram of Salt Prunel.

If the inflammation and heat of urine be not thus removed, a little blood may be taken from the arm, especially if the patient be feverish. *Matthews's Pill* is here an excellent diuretic, and may be given in such doses as above prescribed. But when the suppression is not to be overcome by medicines, the Catheter must be introduced by a skilful hand, in order to unload the bladder. And this operation may be repeated as often as there is occasion for it. If there happens to be a large stone lodged near the neck of the bladder, which proves

the cause of this disorder, it must for the present only be thrust back with the Catheter, and all other operations deferred till after the delivery. But in case the neck of the bladder is blocked up only by a gravelly matter, or a few very minute stones, they may be made to pass away with the urine, by a free use of the foregoing Emulsion, or a *Decoction of Marsh-Mallows and Mallow-Leaves*, with *Gum Arabic* dissolved in it; interposing a few doses of *Marthe's Pill*.

Trouble,—A *difficulty of breathing*, attended with a *cough*, is no unusual symptom in pregnant women; and seems to proceed from an overcharged habit; occasioned sometimes by a suppression of the menses; but oftener by the high situation of the child, whence it happens to press upon the diaphragm, stomach, and lungs; and consequently proves the most troublesome after eating or drinking too freely, or using immoderate exercise. This symptom usually increases till the time of delivery; and, if very violent, may procure, or at least be attended with miscarriage.

The diet in this case ought to be thin, detergent, and moderate. Liquorice, Sugar-Candy, and Syrup of Violets, are very good, and may be frequently used. A Clyster of Milk and Sugar may be injected, when the body is costive. The following Syrup also is very proper, and may be taken three spoonful at a time, at going to bed.

Take half a Pint of red Wine; Cinnamon, one Dram; half a Dozen Cloves, and four Ounces of Sugar: burn the Wine, and boil the whole to the consistence of a Syrup.

Exercise, under this disorder, should be very moderate; the passions of the mind well regulated, and the cloathing loose and free. Let her head be considerably raised at going to rest, that her posture may be somewhat erect. If either the cough or the difficulty of breathing be very violent, bleeding may be ventured on, let the pregnancy be at what state it will; especially if the patient be plethoric, and no symptoms indicate the contrary. A dose of the Anodyne Balsam, mentioned *page 45*, has been found of use, where the tickling

tickling is such as to break the patient's rest. But perhaps, the following Laudanum will be found yet better, by those who can take on them the trouble of preparing it: for it promotes rest, without any way increasing the malady.

Take Cinnamon coarsely powdered, one Ounce; Salt of Tartar, one Dram; infuse in Spirit of Wine rectified, a Pint: make a Tincture.

Then,

Take of this Tincture, twelve Ounces; Opium cut very small, one Ounce: infuse.

Afterwards,

Take Balsam of Tolu and Gum Storax, of each two Drams; Flowers of Benjamin, one Dram: infuse in the remaining part of the Tincture of Cinnamon: strain it.

And then,

Take Florentine Orris Root and Liquorice, of each two Drams: Cloves, Nutmegs, Mace, and lesser Cardamom Seeds, of each one Dram; Contrayerva Root and Ginger, of each half a Dram: infuse in Treacle-Water, five Ounces; Tinctures of Orange Peels and Saffron, of each two Ounces.

Lastly, to complete the Preparation,

Take Sal Volatile Oleosum, four Ounces; compound Spirit of Lavender, one Ounce; Volatile Salt of Hartshorn, three Drams; Balsam of Peru, half an Ounce: mix all the Liquors together, in order to make a Liquid Laudanum suited to the Purpose.

Twenty drops of this Laudanum, containing about a Grain of Opium, may be taken at once in a little Canary Wine, or Pectoral Decoction, at bed-time. It is a most excellent composition: but the common Laudanum may be also adapted to the same use, where this cannot be conveniently prepared, and will be found very effectual.

Take Sydenham's Liquid Laudanum, one Dram; Balsam of Sulphur anisated, and Balsam of Peru, of each one Dram: mix. Let thirty Drops of this be taken at any time, as the case may require.

In these Compositions, all the hurtful qualities of the Opium are sufficiently corrected.

Thirteenth,—Pregnant women are often troubled with *the Piles*, from a fulness and turgency of the hemorrhoidal vessels, occasioned by the obstructions of the courses, costiveness, or the pressure of the foetus. The Piles in this case are very apt to bleed; which proving moderate, and happening about the time of the suppression of the courses, may be advantageous; but if the flux be violent, and attended with great pain and swelling of the part, it may occasion miscarriage, or greatly weaken the child. If the patient be costive, the swelling internal and large, the pain great, and the symptom proceed from the pressure of the foetus upon the part, the cure is difficult.

The diet in this case should be slender and cooling, and the exercise gentle. Rest ought to be indulged; and when the symptom is violent, the patient would do well to keep much in bed; or, when up, to seat herself easy, in a reclining posture. Bleeding in the arm, and other gentle evacuations, are proper in order to the cure, if the suppression of the courses appear to have been the cause. But if it proceed from costiveness, a gentle Purge of *Cassia and Rhubarb*, or a solutive Clyster of *Milk and Sugar*, may be given now and then, to keep the body open. The following Electuary has been found very serviceable.

Take Lenitive Electuary, two Ounces; compound Powder of Senna and Flowers of Sulphur, of each two Drams; Oil of Aniseed, six Drops; Syrup of Damask Roses, enough to make an Electuary. Let the quantity of a Nutmeg be taken every night going to bed, till the cure is effected.

When the swelling is great, hard, and external, Leeches may be applied to draw off the superfluous blood. when soft, it hath sometimes been found necessary

fary to open it with a lancet. In all other respects, this case is to be treated as the common Piles, for which see Section X. Only observe, as in other disorders occasioned by the pressure of the foetus, that the weight must be supported by a proper contrivance.

Fourteenth,—Some women, though they have actually conceived, will, through the course of their pregnancy, *continue to have* a regular periodical shew of the *monthly terms*. This happens chiefly to women of a plethoric or sanguine constitution; those who have a thin sharp blood, or are subject to a weakness in the vessels of the womb. The flux, in this case, is commonly less than what was natural before pregnancy. During the first four or five months, it is not unfrequent, and may be attended with no ill consequences, either to the mother or child: but if it continues after the fourth month, or the fifth at most, which sometimes happens, a cure should be immediately attempted; because otherwise, the child generally proves weak, sickly, and short-lived. When it continues after the sixth month, abortion is frequently the consequence. And sometimes too, it may be proper to endeavour a cure before the fourth month; as when the heat and sharpness of the blood, and not the abundance, is supposed to cause it; which may be known from the quantity usually voided, at every period before pregnancy.

To stop this unseasonable flux, the patient should be kept in bed, or at least in a very quiet posture. She should forbear all things that may heat the blood, especially anger, and the use of venery. Her diet should be strengthening, astringent, balsamic, and cooling; such as broths made of chicken, necks of mutton, knuckles of veal, with cooling herbs boiled in them. She may eat new-laid eggs, jellies, rice-milk, barley-broth, and the like: and iron should be quenched in her common drink. Bleeding may be safely used in case of fulness of blood, till after the fifth month; though some recommend cupping instead thereof. It will be of great service, to take a dram of prepared red Coral, twice a-day, in a glass of Claret, or Tincture of red Roses. In other respects, this disease is to be treated as an immoderate flux of the courses, or as the whites,

whites, due regard being had to the circumstance of pregnancy.

Fifteenth,—When, during the pregnancy, there happens a continual flux of blood from the privities, attended with pain, it is called *Flooding*; and distinguished from the courses in being continual, whereas the other is only periodical. This symptom is apt to happen in case of a Mole, or False Conception, as well as in a real Pregnancy. A surprise also, any immoderate passion, falls, or other external injuries, may cause it. It is usually attended with very great pain; and sometimes the waters come away along with the blood. The discharge is uniform and constant, unless it be obstructed by clotted and grumous blood; which being once removed, it returns with greater violence. And if the Flooding thus continues for any long time, it throws the patient into faintings, and sometimes into convulsions. All Floodings, from what cause soever they proceed, endanger miscarriage, unless speedily stopped; and always prove mortal when violent, or of very long continuance.

Upon the first appearance of this symptom, the patient should immediately be put to bed. Let her avoid all motion, and carefully guard against the passions of the mind. If the flux be moderate, open a vein by way of revulsion; and let her take four spoonsful of the following *Restringent Anodyne Julep*, repeating the same frequently after shaking the bottle.

Take Waters of Plantain and Oak Buds, of each six Ounces; Cinnamon, bruised, one Ounce; White Wine Vinegar, two Ounces; Red Coral, prepared, two Drams; Japan Earth, and Dragon's Blood, of each one Dram; Liquid Laudanum, forty Drops; Syrup of White Poppies, one Ounce: mix.

But when the case is violent, it will admit of no delay for the operation of medicines. Unless a miscarriage, therefore, suddenly happens, the delivery must be attempted directly, by breaking, or cautiously cutting the membranes that include the child. This requires a skilful person, who must immediately extract the child, and also the whole after-burthen; for that being
left

left behind, would make the Flooding still more violent, which would bring on convulsions, and very soon death itself. After the affair of delivery is over, the opiate above may be given to great advantage, in order to procure rest, and stop the flux. But if the disorder be still violent, and there seems to be imminent danger of the patient's life, the present remedy is a dose of the common *Astringent Powder*, prepared of *Steel and Tartar*. It must be taken in Brandy, or some other spirituous liquor. Warm Vinegar to smell to, and a toast dipped in Wine and Cinnamon, and applied to the region of the heart, have been found of service; as have also napkins dipped in Water and Vinegar, and applied along the reins. After the flux is once stopped, either by the Astringent Powder, or repeated doses of the Opiate, to which may be occasionally added an Astringent Injection, as in common Flooding: the cure may be finished, and a relapse prevented, by the same remedies as are for an immoderate flux of the courses.

Sixteenth,—I must say a word or two concerning those women, who, during the time of pregnancy, have a *venereal taint* communicated to them. If this happens near the end of the reckoning, the cure is usually deferred till after delivery: but if between the time of conception and the fourth month, it is allowed that a cure may be directly begun, and happily finished, without danger either to mother or child. Strong purgatives, however, must here be omitted; and therefore, some recommend a gentle Salivation, as the only safe method. But there is nothing, as a palliative, during pregnancy, that equals the *efficacious Drops*, or *powerful Elixir*, prescribed in page 58, of this book. It is one of the most safe and certain remedies that ever was invented. Let the woman, therefore, immediately have recourse to this, as soon as she finds herself infected, observing the directions given in the former case, where it is recommended. She may venture upon this even in the sixth or seventh month, provided the disease be fresh contracted, and thereby prevent the ruin of her child: for an infant born with this distemper on it, is seldom relieved afterwards. It is a very idle and wicked thing, therefore, for women to trust to their delivery, in hopes that, by that means alone, they may be perfectly freed from any venereal disorder;

disorder ; whereas, on the contrary, they thereby not only give their children cause to complain of them for ever, but make the cure more difficult with regard to themselves, by suffering the disease to spread and gain ground.

S E C T I O N XV.

OF MOLES, FALSE CONCEPTION, AND MIS-CARRIAGE.

A *Mole* is a lump of fleshy matter, without bones, joints, or limbs, of no certain figure ; generated in the womb, but wanting the womb-cake and naval-string, and adhering close to the womb, from whence it receives its nourishment ; being usually included in a membrane, interspersed with various vessels. A *False Conception* is the miscarriage, or untimely delivery of a mole, at about the second month after its forming.

Moles are usually supposed to proceed from violent force, or external injury, received after conception, whereby the tender rudiments of the foetus are crushed, and blended together in one common and undistinguished mass of flesh, which cannot readily be discharged out of the womb ; the mouth whereof is closed upon conception. It is generally supposed, that Moles cannot be generated without the joint concurrence of both sexes.

A Mole being of a membranous, or actual fleshy substance, may be easily distinguished from that seeming fleshy, or concreted matter, which is often discharged upon a long suppression of the courses : for, upon examination, the latter will appear to be nothing but coagulated blood, unless there has been some venereal intercourse between the sexes. The matter of a False Conception seems to be more membranous than a perfectly formed Mole, and usually contains some quantity of a corrupted humour. When a woman goes with a Mole, her belly is harder, forer, and feels heavier than when she goes with a quick child. She is seldom free from

from pain; and, when the Mole grows large, upon turning herself in bed, she feels, as it were, a dead weight, or a heavy lumpish matter, roll and fall from side to side. The breasts, in this case, do not swell so much as when there is a real child; and contain but little milk, if any. The complexion of the face fades, and grows of a dead or leaden colour; and the patient is more disordered than in a natural pregnancy. And if, besides the signs abovementioned, she feels no motion or struggling in her womb, after the fourth or fifth month, there is very great room to suspect it no real conception. But the matter is beyond all doubt, if the signs hitherto mentioned, remain the same a considerable time after her reckoning is expired.

False Conceptions are less dangerous than Moles: yet a miscarriage of this kind, may prove of worse consequence than a miscarriage of a foetus; because, in a False Conception, the flooding is usually more violent, and of longer continuance. Moles have soon proved mortal in some women; but others have gone with them for several years together. The flooding, in this case, often happens long before the exclusion of the Mole. The danger attending Moles increases in proportion to their bulk, their continuance in the womb, and their degree of adhesion or cleaving thereto; joined with the age, strength, and constitution of the patient. When they are of long standing, they are apt to degenerate into scirrhus tumors or cancers, and to occasion barrenness, and a great deal of misery: of which cases I have already treated at large.

The regimen in case of a Mole, or False Conception, is quite the reverse of that required in a real pregnancy. Violent motion, if seasonably used, may conduce to ease the patient of her load. In general, whatever tends to promote the courses, forward difficult labours, and hasten the after-purgations, may be serviceable here: for which consult the respective Sections. But after the Mole is once discharged, or extracted, the regimen proper in case of abortion, or after delivery, is convenient in the present case. In particular, when the foregoing signs conspire to assure us that a Mole, or False Conception, is actually forming, the first thing to be done, is to use proper emollient Liniments, in order
to

to relax the parts, and particularly the orifice of the womb, which in a False Conception is less dilated than in a Mole. The following Liniment is excellent for this purpose.

Take Ointment of Marsh-Mallows, two Ounces; Oil of Camomile, one Ounce; Oil of Mace by Expression, and Chemical Oil of Rue, of each one Dram; Chemical Oil of Savin, half a Dram: mix. Let the privities, both within and without the lips, be frequently anointed with this

After a few days, proceed to strong Diuretics, or emollient purgative Clysters, which may be repeated in proportion to the strength of the patient, according to the following Prescription.

Take common Clyster Decoction, ten Ounces; Lenitive Electuary, and Oil of Elder, of each two Ounces; Emetic Wine, and Venice Turpentine, of each six Drams; the Yolk of an Egg; Oil of Rue, and Chemical Oil of Juniper, of each one Dram: mix, and inject.

And if the woman's strength will permit, she may take the following Purge once in four or five days, or with greater or lesser intervals, according as she finds it affect her.

Take fine Rhubarb and Sena Leaves, of each one Dram and a half; Salt of Tartar, one Scruple; infuse them in four Ounces of Spring Water: to two Ounces and a half of the strained Liquor, add Bitter Cathartic Salt, six Drams; Gum Arabic, two Drams; Salt Prunella, one Dram; Syrup of Buckthorn, six Drams; Sweet Spirit of Nitre, two Scruples; Oil of Savin, two Drops: mix for a Draught.

Women of very strong constitutions may take fifteen grains of Calomel over night, and the Potion or Draught above prescribed, the morning following. But if all these fail of success, recourse must be had to strong Snuffs and Vomits, in order to agitate the body. Bleeding also in the ankle, or elsewhere, is very proper. And

And a Pessary may be thus prepared, in order to hold in the sheath at convenient times.

Take Species of Hiera Picra, half an Ounce; Oils of Penny-Royal, Savin, and Rue, of each five Drops; common Honey, or Mithridate, enough to make a pretty stiff Passe, which mould into a proper form.

When time will allow, the procedure may be as in an obstinate suppression of the courses, or a difficult labour, with proper fomentations and injections, which must not, however, be made too stimulating. But it frequently happens, that the flooding is so violent, that there is no opportunity to regard any other symptom; this being of such moment, that the others are trivial to it. Astringents prescribed for an immoderate flux of the courses, must here be immediately called in, in order to stop the flux. The emollient Liniment, being speedily applied to the parts, the hand of a skilful person, having been properly anointed, must be introduced into the neck, up to the womb, and the membrane containing the Mole, or false Conception, laid hold of with the finger, and gently pulled away. If the finger be insufficient for this purpose, recourse must be immediately had to the use of the crane's-bill, or forceps, in the hand of a qualified person; there being no time to lose in this desperate case. But when labour-pains come on at the expected time of delivery, a Mole may commonly be brought away after the usual manner, without the help of an instrument. However, it sometimes adheres so strongly to the womb, especially when it has remained long therein, that there is need of yet other instruments; for the use of which I shall give no directions, because only the skilful must meddle with them. When the womb is scirrhus, it is proper, after the extraction, to inject into it a Solution of Balsam of Peru, with the Yolk of an Egg, provided the flooding be not violent. In other respects, proceed as in a scirrhus tumor.

Abortion, Miscarriage, or an untimely delivery of the foetus, may proceed from various causes; as immoderate evacuations, violent motions, sudden passions, or frights. It may happen at any time of pregnancy;

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but

but if before the second month, it is usually called a false conception, as I before observed. A fever commonly precedes it, either continual or intermitting; also a pain in the loins and head, a heaviness of the eyes, a bearing-down and pressure of the belly: and when the time of miscarriage is just at hand, the pains are much the same with those in labour, and felt principally about the *Os Pubis* and the *Os Sacrum*. The breasts, which before were tight, now subside and become flabby; the patient is apt to faint, and a watry humour oozes out from the womb, upon which follow the breaking-down of the waters, flooding, and the other symptoms.

Miscarriage seldom endangers the person's life, unless when attended with some of the following circumstances; namely, if the pregnancy be far advanced, so that the child must needs be large; if the cause of it was some violence; if the patient is strongly convulsed; if a large flux of blood either precede or follow it; if the woman is of a weak constitution; if the foetus be putrefied; if the woman was never before delivered of a live child. Without one or the other of these, the patient generally does well.

Upon the first appearance of the symptoms of Miscarriage, the woman must be put to bed. There she should be careful to keep her mind calm. Her food should be easy of digestion. For drink she may use wine, diluted occasionally with water. But in case of a looseness, or large flooding, the White Decoction is the most proper liquor. In other respects, the diet must be suited to the particular attendant symptoms.

To prevent Miscarriage, when the first signs of it appear, we must endeavour to remove those particular indispositions that may occasion it. Fulness of blood, or ill humours, may be remedied by immediate bleeding. After which, let the following Bolus and Draught be taken.

Take Powders of Red Coral, Japan Earth, Astringent Saffron of Steel, and Armenian Bole, of each fifteen Grains; Saffron, five Grains; Confection of Kermes, half a Dram; Chemical Oil of Nutmeg, one Drop. Make a Bolus. Let it be immediately taken, drinking after it as follows.

Take

Take small Cinnamon Water, two Ounces and a half; Syrup of Citron Peels, half a Dram; compound Spirit of Lavender, one Dram: mix.

Or this,

Take Diascordium, half a Dram; Blood-stone, Mastich, Dragon's Blood, Kerries Berries, of each half a Scruple; Oil of Cinnamon, one Drop; Syrup of Dried Roses, a sufficient Quantity: make a Bolus. Let it be repeated once every five hours, drinking after it each time, four spoonsful of the following Julep.

Take Black Cherry Water and Mint Water, of each three Ounces; Aqua Mirabilis, two Ounces; Preparation of Pearls, two Drams; Spirit of Saffron, half an Ounce; fine Sugar, a sufficient Quantity.

In case of a violent Flooding, the following Mixture has been found admirable.

Take Waters of Plantain, Frog-Spawn, and Oak-buds, of each two Ounces; strong Cinnamon Water and best Vinegar, of each one Ounce; Diascordium and Armenian Bole, of each two Drams; Japan Earth, and Blood-stone, prepared, of each two Scruples; Liquid Laudanum, thirty Drops; compound Spirit of Lavender, one Dram; Syrups of Coral and Wild Poppies, of each half an Ounce: mix. Let four spoonsful be taken once every three hours, shaking the bottle before you pour it out.

If the flux be not checked in a moderate time, proper fomentations, injections, fumigations, and the like, may be used to advantage; as in case of an immoderate flux of the courses. It may likewise prove of some benefit, to apply the following Plaister to the region of the loins; where it is thought to constringe the fibres, and tend to restrain the flooding.

Take Oxycroceum, Red Lead Plaister, Paracelsus's Plaister, and Plaister against Ruptures, of each a like Quantity: mix. Spread them upon leather properly cut, and apply to the loins.

Sometimes a Tenesmus, or a frequent but ineffectual inclination to go to stool, attends the other symptoms of Abortion. In this case, Rhubarb is very good, given with proper Balsamics, or Mucilages. The following Bolus, likewise, is well contrived for the same intentions.

Take compound Powder of Sena and Rhapontic Powder, of each one Scruple; Oil of Cinnamon, one Drop; London Laudanum, half a Grain; Syrup of Violets, enough to make a Bolus. To be taken in a morning fasting, and repeated as often as the case may require.

The night after taking the Bolus, let a gentle composing dose be administered, and then proceed to the use of Clysters, for which the following form is one of the best that can be chosen.

Take Whey, or Mutton Broth, four Ounces; Canary Wine, two Ounces; Gum Arabic, half an Ounce; Gum Tragacanth, one Dram; crude Opium, two Grains: make a Clyster, to be repeated two or three times a-day.

When Abortion seems to be threatened by an habitual weakness, or laxity of the uterine vessels, it is to be treated as the whites.

When swellings, ulcers, and other diseases of like nature, seem to promote a disposition to Miscarriage, they must be severally treated, according to the respective directions in Section XI.

When the flooding is attended with a breaking out of the waters, and violent pain at the bottom of the belly, the time of Abortion is judged to be near. In this case the use of astringents must be omitted, and the discharge promoted. The midwife is here to perform her part, as in case of a timely birth, with due regard to its being natural, or unnatural. The same internal and external remedies, which tend to bring away the secundines, and promote the child-bed purgations, are here always proper. I shall not enlarge, therefore, on the article of Miscarriage alone, but refer to the following Sections, concerning delivery and the disorders consequent of it, the same circumstances being common to both cases.

SECTION

SECTION XVI.

THE PRACTICAL MIDWIFE.

SHEWING THE SYMPTOMS PRECEDING, AND
DISORDERS ATTENDING A NATURAL DELI-
VERY; WITH DIRECTIONS FOR PERFORMING
THE MIDWIFE'S OFFICE; ALSO OF MANAG-
ING A NEW-BORN INFANT.

WE call that a *Natural Birth*, which happens in about forty weeks after conception, unattended with any extraordinary or uncommon symptom; when the foetus, growing gradually large, comes at length, together with the waters and secundines, to make a considerable pressure upon the orifice of the womb; which, added to the increased strugglings, or motion of the child, causes an uneasiness to the mother, and a desire of being freed from her burthen, now ready to break its way. By the increase, or continuance of these causes, the membrane containing the child is at length broken; when the collected waters issuing forth, lubricate and relax the orifice of the womb, and all the internal parts of the sheath; which, upon this, the more readily give way to the motion of the child, and the frequent repeated contractions of the abdominal muscles, called the throws of the mother.

About the seventh or eighth month after conception, but sometimes later, a considerable motion of the child is felt in the womb; at which time it is generally turned by the prevailing weight of its head, or tumbled downwards with its face to the mother's back. At the end of about nine calendar months, or a little more, when the hour of delivery is at hand, there appears a sinking or flatness on the upper part of the belly, the burthen then falling to the lower. A slimy matter also flows through the passage of the womb. The mother has periodical pains in her belly, like those of the cholic, and distinguished from them only by their seat, as lying more towards the bottom of the abdomen. These

pains are apt to increase; and returning by intervals, seize the region of the loins, as well as the belly. Hereupon the face appears somewhat inflamed; the pulse and respiration are quick and short; a drought, and sometimes a hoarseness of the voice attends; as also a vomiting and universal trembling, but especially in the legs and thighs. All these symptoms increase gradually, as the time of delivery comes on; which is commonly preceded by the discharge of a thickish humour, tinged with blood, vulgarly called *the Shews*; and esteemed a certain sign of the sudden breaking of the membranes, and issuing forth of the waters. And now, upon examination, the orifice of the womb will be found dilated; soon after which, the membranes break, the waters come away, and, in case of a natural birth, the woman is immediately delivered, with proper assistance.

If no unusual symptoms appear, the midwife may prognosticate a safe and speedy delivery; the whole affair being usually over in six or eight hours time at the farthest, and often much sooner. It is not uncommon to mistake the turning of the child in the womb for a symptom of ensuing labour; and sometimes the real labour-pains have been taken for a fit of the cholic; but both, however, may be pretty certainly distinguished, by those who attend to the symptoms already set down; which every child-bearing woman, therefore, should well observe.

The labour-pains being apt to cause a fever, the regimen should by no means be stimulating, or such as may quicken the motion of the blood. Jellies, chicken-broth, and a soft balsamic nourishing diet, are the most approved in this case. The flesh of chicken, veal, and the like, are allowable in small quantities, where there is no immediate danger of a fever. Wine, occasionally, diluted with water, may be used for common drink, for some time, both before and after delivery. It is customary, in the very hour, to administer a glass of some cordial water between whiles, which is thought to facilitate the labour. The use of emollient Clysters, made of *Marsh Mallows*, *Common Mallows*, *Camomile Flowers*, and the like, with *Syrup of Buckthorn*, *Lentive Electuary*, *Emetic Wine*, *Venice Turpentine*, Oils
of

of *Elder, Rue, &c.* is requisite in case of costiveness, or where the excrements are collected and hardened in the bowels, so as to prevent, in some measure, the delivery. But this obstruction, when it happens near the expected time, should, if possible, be removed before the labour-pains come on. It is also usual to anoint the sheath and internal cavity, with fresh butter, or some proper ointment, which every good woman knows how to procure, in order to forward the exclusion of the child, and relax the parts.

Delivery is to be performed in the following manner. The woman being conveniently seated in a chair, or rather placed upon a bed, with her head and breasts raised high, and proper matters under her to receive the waters, &c. the midwife, by introducing her finger, from time to time, into the womb, and comparing the several symptoms together, and especially when the *show* appears, learns that her assistance is necessary. She then anoints her finger, and introduces first one, and then another into the womb, till at length the whole hand gains entrance. With this hand, the membranes being now broke, she takes hold of the child's head, which in a natural posture lies downwards, with the face towards the mother's back; the arms also being stretched out, and lying parallel to the sides. And now she endeavours, by gentle means, to draw it forth gradually, in the manner she finds it; the mother, all the while, regulating her throws, and managing her breath so as to forward the operation; which is commonly easy and expeditious, unless the parts prove straight, and the head of the infant large. When once the child is advanced so far as the ears, the midwife takes hold of both sides of the head, with both her hands, and gradually pulls it forwards up to the shoulders, which often prove a considerable obstacle. And if the child remains long in this state, it generally endangers suffocation. When once the shoulders have made their way, the other parts usually follow without much difficulty, except the hips. The child being quite extracted, the next thing to be brought away is the womb-cake, or after-burthen, as it is usually called: in order to which, the naval-string must be gently drawn forwards; and upon this, the secundines, or burthen will follow. Great care must
here

here be taken that no violence is offered in drawing the navel-string too strongly, for fear it should break, and the burthen should cleave to the womb. In that case, the midwife must be obliged again to introduce her whole hand, in order to extract it. She must separate it in a very gentle manner, yet so as that no part be left behind; which might prove the cause of convulsions, violent flooding, or even death itself. After the entire extraction of the child, and the after-burthen, the former is separated from the mother by immediately cutting the Umbilical chord, or naval-string; care having been taken of it while the after-burthen was drawn out, which, in natural births, is generally performed with a great deal of ease.

The naval-string is cut after the following manner. When about a quarter of a yard of it is extracted, upon drawing away the secundines, a wax-thread is passed several times round it, at the distance of three or four inches from the child's navel; and again at about two inches from the first ligature, towards the mother: then the chord is immediately cut asunder with a pair of scissars, between the ligatures, and that part of it which belongs to the mother, is gently put up again into the womb; what belongs to the child being carefully placed between two bolsters, and turned up towards the pit of the stomach; or, which is customary, the navel-string is first wrapped up in a fine linen rag, and secured with the swathe, or belly-band. Great regard must be had to the tying of the thread, that it be not too tight, for fear of its cutting the navel-string asunder in that part; whence a mortal flux of blood might ensue: nor too slack, for fear it should not close up the vessels, so as to prevent the blood from coming out which flows to the part. Such a flux of blood as has proved fatal, hath sometimes happened several days after the birth of a child; though that part of the navel-string which was left with it, in the common course of things, withers away of itself, and falls off in nine or ten days time. After the withered string is thus fallen off, the navel frequently remains tender for some time. When this happens, it is proper to apply to the part a soft compress, dipped in warm milk; but if it appear discoloured, a little brandy ought to be mixed with the milk.

In

In case of a running forenefs, or fuppuration of the part, let it be dressed with *drying red Ointment*.

After the delivery of one child, the midwife ought to be well satisfied that there is not another remaining behind, before the mother be put to bed: an error or neglect of this particular being succeeded by violent flooding, which is sometimes fatal. She may be satisfied by putting up her hand again, when if there is another child, she will find another water gathering. The first navel-string must then be cut, without attempting to extract the after-burthen, till the whole delivery is over. In case of faintness, during the time of delivery, the patient is to be supported by cordials, but more particularly by volatile spirits, or salts, frequently applied to the nose: for these, by their stimulating particles, may assist in promoting the throws, and procuring the exclusion of the child, at the same time that they prove otherwise serviceable. When the whole affair is over, the woman, if she were delivered up, is speedily to be put into a warm bed; and a proper cordial, or a glass of hot wine, ought to be instantly given her. A soft compress also ought to be applied hot to the womb, to promote the flux of the child-bed purgations, and renewed twice or thrice in an hour, or as occasion shall require. For the same purpose, it is likewise customary to bind a large double linen cloth, first made hot, about the belly, which, if there be a necessity, may be gently pressed now and then with a warm hand. Soon after the woman is composed, or come a little to herself, it is a usual thing, among the rich, to give a *Dram, or more of Spermaceti, mixed with an equal Quantity of Venice Treacle*, once in five or six hours; or, a *Dram of Confection of Kermes*; washing it down with a little warm wine, or the like. But either of the following is much cheaper, and possibly may be as serviceable. Its intention is to lubricate and cool the inside of the throat, which is usually heated and hoarse by continual cries, and holding the breath, in order to bear down the throws, during labour.

*Take Oil of Sweet Almonds, fresh drawn, two Ounces;
Syrup of Maiden Hair, one Ounce; Liquid Laudanum,
thirty*

thirty Drops: mix. Let the quantity of a Spoonful at a time be taken between whiles.

Or,

Take Penny-royal Water, half a Pint; compound Bryony Water, four Ounces; Syrup of Mugwort, one Ounce and a half: make a Julep. Three Spoonful at a time, every fifth hour, is the common dose.

The following also is an admirable Cordial, approved in the present case, by long experience, and highly recommended by physicians of the greatest reputation.

Take Penny-royal and Rue Waters, of each three Ounces; Hysteric Water, two Ounces, Syrup of Poppies, six Drams; Syrup of Mugwort, half an Ounce; Tincture of Castor, three Drams; Sydenham's Liquid Laudanum, two Scruples: mix. The Dose is six Spoonful immediately after delivery, and to be repeated afterwards as the patient finds herself restless, and subject to pains.

For the two first days after delivery, the childbed woman should be pretty sparing in her diet, which ought to be chiefly liquid, and consist of Panada, Gruel with White Wine, and the like. Chicken Broth, or Jellies, may be freely drank of; and, every now and then, a Dish of the common White Wine Caudle, hot. This preparation is held to be wonderfully serviceable in promoting the childbed purgations, or lochia; which ought by all means to be encouraged, an obstruction thereof being apt to cause convulsions, tremblings, and other nervous disorders. About three or four days after delivery, the patient may be allowed the use of boiled Chicken, or Veal, if there be no danger of a fever; and if the appetite will serve, or the constitution require it, Lamb or Mutton may, after this time, be eaten with moderation; and so continued, till the common method of feeding be introduced again by degrees.

Rest and sleep should be very much indulged, for a considerable time after delivery; but if through pain, fatigue, or any other violent symptom, it cannot be naturally

naturally obtained,* the nurse should endeavour to promote it by artificial means. To which purpose she may exhibit occasionally the following Draught.

Take small Cinnamon Water and Penny-royal Waters, of each one Ounce; Hysteric Water, six Drams; Liquid Laudanum, Tincture of Castor, and Sal Volatile Oleosum, of each fifteen Drops: mix for a Dose.

The regular flux of the childbed purgations, should, as much as possible, be promoted through the whole time, by a suitable posture of the body; as lying with the head and belly raised. And if the woman be very collicive, during the two first weeks of her lying-in, it will be proper now and then to give a *Clyster of Milk and Sugar*, in which a few Carminative Seeds have been boiled and strained out, such as *Carraway, Cardamoms, Anniseed and Fennel*: the use of these being more successful, and less dangerous, than purgative or laxative medicines, given by the mouth. But in the third week, and afterwards, such gentle lenitives as stewed Prunes, Manna, Cassia, and the like, may be safely made use of. The passions of the mind ought to be cautiously regulated during the whole time of lying-in, or for a complete month, after delivery. The air is to be admitted or excluded the room, by a judicious nurse, according to the heat of the season, the constitution and present condition of the patient; for which no certain rules can be given: but too great care cannot be taken to prevent catching cold, especially during the first week, by the use of damp linen, cold liquors, or exposing any part of the body, especially the belly, to the open air. For this sometimes causing a stoppage of the lochia, throws the patient into imminent danger of her life. If no particular symptoms direct the contrary, the woman may rise in about a week after her delivery; and sit up for an hour or two at a time, if her strength will bear it. But this cannot so soon be complied with by some women, who are of delicate and weak constitutions. In case of faintness, or great weakness, the following Drops are very serviceable, being taken occasionally in a glass of warm Wine.

Take

Take Sal Volatile Oleosum, three Drops; Tinctures of Castor and Saffron, and Compound Spirit of Lavender, of each one Dram: mix. Let thirty or forty Drops be taken at a Dose, to be repeated as the case requires.

The lochia, or childbed purgations usually continue to flow for the space of thirty days; during which time, among us, it is customary for the woman to keep within doors, and chiefly in her bed: but some particular robust constitutions in *England*, as well as elsewhere, can easily dispense with the rigour of this custom, and venture abroad in eight, ten, or fourteen days after delivery; when the lochia being fresh upon them, they cannot but run a considerable hazard. It is therefore more adviseable for such to keep within their due time, as well for their own sakes, as that they may not bring a reproach on weaker women, who find a month little enough to re-establish their health. After the disappearance of the lochia, it is customary, and very proper, for the woman to take a gentle purge or two, before she leaves her chamber. The following is a proper form.

Take Sena Leaves, two Drams; sweet Fennel Seeds and Rhubarb, of each two Scruples; Salt of Tartar, twelve Grains; infuse in a sufficient Quantity of Rue Water: To two Ounces and a half of the strained infusion add, Syrup of Buckthorn, and Solutive Syrup of Roses, of each half an Ounce; Tincture of Castor, two Scruples; Spirit of sweet Nitre, twenty Drops: mix for a Draught. Let it be taken in a morning, with due regimen, and repeated two, three, or four times, according as there shall appear to be occasion.

If the Woman, during her month, is afflicted with flying pains, which not unusually happens, especially from taking cold; it will then be proper to give a gentle sweat, in the following manner.

Take Venice Treacle, two Scruples; Contrayerva Stone and Diaphoretic Antimony, of each fifteen Grains; Syrup of Poppies, enough to make a Bolus. Let it be taken going to bed, and after it the following Draught.

Take

Take Alexiterial Milk-water, and Penny-royal Water, of each one Ounce; Treacle Water, six Drams; Syrup of Saffron, half an Ounce; Sal Volatile Oleosum, one Dram: mix them well.

If this Bolus and Draught, repeated two or three times, as there is occasion, should fail of removing the pains, the woman who has lain-in, after she goes abroad, may make use of the Bagnio.

I come now to consider in what manner the child should be treated, after it is separated from its mother. And first, a proper linen cloth and warm flannel being provided for its reception, it must be immediately laid thereon, and carried to the fire, there to be kept warm, while the midwife performs the remaining part of her office to the mother. But if the after-burthen be long in bringing away, it will be proper in the meantime gently to wash the infant, with a soft linen rag dipped in warm water, or rather small-beer and fresh butter, in order to take off the scurf which is on it. When the child appears to be weak, it has been found convenient, after he is well washed and dried, to rub him gently over with a little warm White Wine, or Brandy diluted with Water. After he is dressed, it is an usual thing to give him a little fresh Butter and Sugar, which commonly answering the purpose of a Vomit, brings up a quantity of phlegm that was lodged about the stomach and throat, and afterwards working downwards, purges off the black excrementitious matter from the bowels. So long as this black matter continues to be discharged, it is common to give the child, twice or thrice a-day, a Tea Spoonful of Oil of Sweet Almonds and Syrup of Violets, mixed in equal Quantities; or else of Syrup of Peaches; or, solutive Syrup of Roses alone. But if they find him subject or inclinable to have fits or convulsions, it is usual to give him between whiles, a little Preparation of Red Coral, and Pulvis ad Guttetam, in equal Quantities; mixed up into a thin Electuary with simple Syrup of Piony. After the use of the Sugar and Butter, the child is commonly put to sleep; and after he awakes, is variously treated, according to the particular fancy of the good women, and seldom without a
R little

little superstition. It would be highly proper, however, could mothers and nurses be prevailed upon to observe it, that a hearty new-born child should be treated somewhat in the following manner.

First,—He should have no Brandy, Geneva, Aniseed-water, or any other of the like fiery Cordials, either alone or mixed with his Panada; nor any thing else that may curdle or disagree with his Milk-diet. No Flesh Meat, nor even fat Pig, the favourite morsel of some over-kind nurses, nor Wine in any large quantity should be allowed, within the month at least; because the infant was not thus fed in his mother's belly. Acids ought not to be mixed with his food; nor should he be crammed too much at one time, but rather fed by little and little, and often.

Second,—He should lie with his head considerably raised, that the phlegm, wherewith young children abound, may the readier be discharged, and suffocation be prevented. The sudden deaths of young children, in all probability, are very often owing to a neglect of this caution, which all nurses therefore should imprint in their minds.

S E C T I O N XVII.

OF DIFFICULT AND UNNATURAL BIRTHS,
THE VARIOUS DISORDERS ATTENDING
THEM, AND THE MANNER OF PROCEEDING
UNDER EVERY CIRCUMSTANCE.

THOSE are called *difficult Births*, wherein the woman continues long in the pains of labour, without being delivered. *Unnatural Births* are when the child presents itself any other way than with the head foremost, or downwards, and the face turned towards the mother's back. I shall treat of them both in this Section, which will be peculiarly useful to women who practise midwifery.

Difficult

Difficult births may happen from a straitness of the passages; which is frequently the case in very young women, or very elderly ones, who were never delivered before; as also such as are of a dry, consumptive constitution. Sometimes also the membranes breaking long before time of delivery, the waters are wanting which should lubricate and relax the parts, in order to procure an easy discharge of the foetus. And sometimes, on the other hand, these membranes are so thick and strong, that they will not break in season, when the time of delivery is at hand. There may also be a great weakness on the side of the mother, which disables her from assisting properly with her throws: and a like weakness on the part of the child, will lessen the effect of its strugglings. To these causes may be added the piles, convulsions, a large quantity of hardened excrements in the intestines, a looseness, a dropsy, tumors or ulcers in the womb, and the parts adjacent; a relaxation of the womb, the large bulk of the child, twins, unseasonable flooding, a distortion of the passage, or a dead child.

When a *dead* child is in the womb, the woman will not feel the usual motion of it, probably for a considerable time before delivery. Her pains and throws will likewise be weak and languid, and not at all promoted from within; and when the waters break away, there will be no apparent signs of immediate delivery. The mother, upon turning, will likewise find the child, if it be dead within her, falling from one side to the other in a remarkable manner, and remaining like a heavy lump on that side to which she turned. The midwife, upon examination, will be sensible of the want of motion in the child, and of a disagreeable stench, if it has been dead long enough to corrupt. The countenance of the mother may likewise express the death of the child; her eyes appearing sunk and heavy, her face wan and pale; and, if it has been dead any time, her breasts will become flabby, and an ill-scented discoloured matter will issue from the womb. To all which add, that if the secundines are excluded before the child, it is thought a certain sign that the latter is dead. The suspicion will be confirmed, if the woman has not gone out her reckoning; if she has received any external injury

jury during the time of her pregnancy; if she is remarkably unhealthy, or infected with a venereal taint; if no pulsation can be felt in the navel-strings; if the futures of the child's head are closed, or the bones of the scull wrapped over one another: and, lastly, if the woman be convulsed, and the case attended with flooding and faintness.

There is room to suspect *twins*, if, after the woman is delivered of one child, the pains, flooding, and swelling of the belly continue; but the matter, as I observed in the foregoing Section, may be put beyond exception by searching. We may conjecture that the membranes including the child are too strong, if, when the woman has gone out her full time, she remains some hours in labour, the pains and throws having been sufficiently strong and regular; also, if the posture of the child at the same time be natural; if the gathering of the waters, that is, their bulging outwards, has been of longer continuance than usual before their coming away: and, finally, if upon examining the membranes with the touch, they appear to be of an uncommon thickness, which an experienced midwife will easily perceive.

The case is dangerous, if a woman continues in labour four or five days. When the child is dead, the pains lessen or go off, and the woman falls into convulsions, or lethargic disorders. If there be a violent flooding, and no prospect of a speedy delivery, the woman is in great danger. And, in general, all cases of this kind are dangerous in proportion to the violence of the symptoms, and their continuance, compared with the constitution and habit of the patient.

In the most difficult and dangerous labours, great care should be taken to encourage and keep up the spirits of the woman; a neglect of which, or the contrary procedure, might be of very fatal consequence. In other respects, the regimen must be adapted to the cause, constitution, and particular symptoms which appear.

When the birth is retarded by a straitness in the passage, a lubricating Diet should be ordered, consisting of Juleps, Broths, and the like, prepared with balsamic or unctuous ingredients, as Roots of Marshmallows, and
Gum

Gum Arabic. The bowels, in case of the least degree of costiveness, must be directly discharged of their contents, by emollient Clysters repeated occasionally: and a little before the expected hour, it will be proper to use hog's lard, by way of Ointment, freely, or the following Liniment.

Take Ointment of Marshmallows, one Ounce; Oil of Sweet Almonds and white Lillies, of each an Ounce and a half: mix them well. Let the privities be anointed with this, warm, both inwardly and outwardly twice or three times a-day. And at the same time it will be convenient to give now and then *a Dram of Spermaceti* internally, along with the Broths, or other liquids: or the following, for the same purpose, to be repeated occasionally.

Take Oil of Sweet Almonds, an Ounce; Syrup of Mugwort, half an Ounce: mix for a Draught.

The medicines, before the breaking away of the waters, ought not to be of too forcing a nature; lest, by causing an immature evacuation thereof, the delivery should be retarded.

When the waters break away unseasonably, or long before the time of delivery approaches, it will be proper to lubricate, and relax the parts, by the external use of Oils and Ointments, fresh Butter, Lard, or the like; and to order for internals the same medicines that are proper in case of weakness. It might also be of service to inject frequently Oil of Sweet Almonds, warm; the throws, in the mean time, being encouraged by all the artificial assistance the mother can afford. as by regulating the breath in inspiration, violent motions of the midriff and abdominal muscles, sneezes, straining and the like. But if the case be attended with a violent flooding, or convulsions, immediate recourse must be had to the midwife's office, for the safety both of the mother and the child.

When the labour is retarded by the thickness of the membranes including the child, which may be learned from the collection and long bulging of the waters, the procedure should be as in case of weakness in the mother,

with the assistance of such motions as tend to forward delivery ; as walking about the room, and the like. But if they still obstinately continue unbroken, and the case be desperate, they must be rent, or cut by a skilful operator.

When the child is large, or dropfical in any particular part, or when the mother wants strength to support her throws, a Glass of warm Wine should now and then be administered ; which might also be burnt with Spices. A glass of Cinnamon, or other cordial Water, might likewise be attended with success. Some experienced women, when the delivery is retarded through weakness, give about *a Scruple of Dittany of Crete, powdered*, in a Draught of *Penny-royal Water*, and repeat the dose as they see occasion. Others, for the same purpose, infuse the Leaves in Wine, or use them along with the common Spices in burning their Wine. These methods are often successful. It is also usual with some, but without much reason, to give *Goa-stone, Gascoigne's Powder, or Compound Powder of Crab's Claws, Bezoar, &c.* but instead of these, the following may be substituted to great advantage.

Take Troches of Myrrh and Borace, of each one Scruple ; Syrup of Mugwort, half an Ounce ; Hysteric and Penny-royal Waters, of each an Ounce ; Tincture of Castor, one Dram ; Spirit of Hartshorn, forty Drops : mix for a Draught. This may be repeated every third or fourth hour, so long as the case requires it. Or, for those who prefer a Bolus,

Take Powder of Myrrh, half a Scruple ; English Saffron, Russia Castor, and Volatile Salt of Hartshorn, of each six Grains ; Troches of Amber, one Scruple ; Syrup of stinking Orache, enough to make a Bolus. To be repeated as occasion may require, drinking after it the following Mixture.

Take Rue Water, two Ounces ; Penny-royal Water, one Ounce ; Syrup of Saffron, half an Ounce ; Spirit of Salt Armoniac with Amber, thirty Drops : mix for a Draught. If Powders are more agreeable, use as follows.

Take

Take Powder of Myrrh, one Dram; Castor and Saffron, of each fifteen Grains; Oil of Cinnamon, three Drops: mix in a Powder. Divide it into three papers, of which let one be taken every fourth or fifth hour, while the labour continues; drinking after it five spoonful of the following Julep.

Take Black Cherry, Penny-royal, and Rue Waters, of each three Ounces; strong Cinnamon Water, two Ounces; Syrup of Citron Peels, one Ounce; compound Spirit of Lavender, two Drams: mix.

If these or the like medicines fail of success, proper things should be given to make the patient sneeze. Some have adventured to administer a Vomit of Ipecacuanha, and with success: but then there must be no convulsions, or violent flooding. After delivery, the following Drops may be continued for a few days.

Take Tincture of Castor, two Drams; Sal Volatile Oleosum, Spirit of Hartshorn, and Tincture of Saffron, of each one Dram; mix. Let thirty drops be taken occasionally, in a glass of Lisbon White Wine.

When the Piles, by their swelling and pain, prove an obstruction to the delivery, it is proper to unload the vessels by the application of Leeches. Likewise the part affected may be bathed with warm milk; or, if the patient be costive, a Clyster of Almonds, Milk and Sugar, may be injected. After this, the part may be anointed with some such Liniment as has been already prescribed. In other respects, the case may be treated as the common piles, in the manner formerly mentioned in Section X.

When the uterine passages are straitened by a collection of hardened excrements, a discharge thereof is to be attempted by emollient Clysters; or, if any inconvenience attend the posture proper for a Clyster, a Violet Comfit may be employed in its room, by way of suppository.

When a violent looseness weakens the patient, and hinders the exclusion of the child, the cure should be immediately attempted in the following manner.

Take

Take small Cinnamon Water, Black Cherry Water, and strong Cinnamon Water, of each two Ounces; Rhubarb, dried and powdered, Diascordium without Honey, Preparation of Red Coral, and White Chalk, of each two Drams; Japan Earth, one Dram; Spirit of Mint, and compound Spirit of Lavender, of each two Drams: make a Mixture. Let two or three spoonsful be taken after every time going to stool, shaking the bottle before you pour it out.

And in order to support the patient, let some such Cordial Julep as the following be ready at hand, to be taken as occasion requires, the quantity of three spoonsful at a time.

Take small Cinnamon Water, four Ounces; Aqua Mirabilis, two Ounces; Preparation of Pearls, two Drams; Sal Volatile Oleum, Spirits of Mint and Saffron, of each one Dram: mix.

In other respects, this case is to be dealt with as a common looseness or dysentery, where any farther means are required; but in most patients, what is here set down will effect a cure alone, with proper regimen.

When the child is actually dead, and the woman's pains decrease or go off, it may be proper to employ such medicines as are prescribed in case of weakness. If these have not the desired effect, and the waters are broke away, a Vomit of Ipecacuanha may be given, where the woman has sufficient strength. But if she be quite enfeebled, and much time has been lost; if there be flooding, convulsions, or other dangerous symptoms, the child must be immediately extracted, by the help of a man, if it cannot be done otherwise.

In case of twins, the requisite procedure differs little from what is common. Care must be taken, that one of them be not left behind unregarded; and to prevent their crossing, or entangling with one another in the delivery, whereby the extremities of that which was to be brought away last, might be mistaken for those of the other, which might prove of fatal consequence both to children and mother. The midwife, therefore, having drawn forth the head and shoulders of one, should gently

gently slip her hands under its arm-pits, and directly bring it away. Sometimes, in case of twins, after one is delivered naturally, the other comes not with its head, but its feet foremost; in which manner it must then be extracted. And sometimes, after one is brought away, the other will remain in the womb some days; which is a dangerous case, and requires the membranes, if not already broke, to be carefully cut, and the child extracted. If one happens to be dead, and the other alive, great caution and expedition must be used in the delivery. But sometimes weakness, convulsions, or other bad symptoms, may require the operation to be deferred till the woman recovers strength. The child which lies lowest in the passage, should always be first extracted.

If a suppression of urine cause delay in the delivery, and this proceeds from a stone in the bladder, pressing upon its neck, it ought directly to be put back by a catheter. But if the child, by bearing against the bladder, be the cause of this suppression, the abdomen must be raised, and compressed by a proper Swathe. And in case this has not the desired effect, recourse must be had to the catheter, in order to empty the bladder.

When convulsions retard delivery, the case is reputed dangerous, and often attended with the loss of both mother and child, unless great expedition be used. Proper internals should here be freely given, in order to put off the fit. The following Bolus and Julep, are well suited to this intention.

Take Powder of Wild Valerian Root, and Powder against Epilepsy, of each fifteen Grains; Volatile Salt of Amber, Hartshorn, and Saffron, of each five Grains; Camphire, three Grains; Conserve of Rue, one Scruple; Syrup of Pionies, enough to make a Bolus. Let one be taken every three or four hours, drinking after it about four spoonsful of the Julep, which is thus made.

Take Black Cherry and Rue Waters, of each three Ounces; compound Piony-Water, two Ounces; compound Syrup of Pionies, one Ounce; compound Spirit of Lavender, Tincture of Castor, and Sal Volatile Oleosum, of each one Dram and a half: mix them together.

If the woman be delirious, or the flooding violent, the delivery must be immediately attempted. The membranes also must be artfully opened, if they do not break spontaneously.

Too strong cordials, or stimulators, ought to be omitted in a violent flooding, for fear of increasing the flux. But if the woman be plethoric, and has not already lost too much, bleeding may be used, to cause a revulsion. In the mean time, the following Bolus and Julep may be serviceable:

Take Japan Earth, Troches of Amber, Powder of Myrrh, and Preparation of Red Coral, of each half a Scruple; Diascordium without Honey, enough to make a Bolus. Let one be taken every fourth hour, or as the case requires, drinking after it four spoonful of the Julep, which is thus made.

Take Plantain Water, Red Rose Water, small Cinnamon Water, and Red Wine, of each two Ounces; the sharpest Vinegar, one Ounce; Syrup of Quinces, six Drams; Spirit of Sweet Nitre, enough to make a Julep.

Also,

Take Spirit of Vitriol, two Drams; compound Spirit of Lavender, one Dram: mix. Let twenty drops of this be frequently taken, with a draught of Red Wine and Spring Water, mixed.

To these medicines Laudanum may be added occasionally. If the flux still prove violent, the same medicines may be used as in other floodings, and in an immoderate flux of the courses.

When the birth is delayed on account of any imposthuration, or ulceration in the womb, the case must be treated in the same manner formerly mentioned, Section XI. provided the imposthume or ulcer be discovered in time. But if it be not known till the time of labour, lenient Clysters, emollient Fomentations, and resolving Liniments, such as have often been prescribed, should be used for the imposthuration; and for the ulceration, Pledgets dipped in Red Wine; the midwife being careful to perform her office tenderly.

If any old callosity, or hard swelling, in the womb or sheath, create a difficulty in the delivery, and the disorder was known during the pregnancy, the cure must be attempted as other scirrhus tumors, Section XI. But at the time of labour only, emollient fomentations and liniments can be used, consisting of *Milk, Sugar, and Oil of Sweet Almonds*. Or else a piece of Sponge, properly prepared, may be put in, in order to dilate the parts. And in case this should fail, recourse must be had to the use of instruments.

When a relaxation of the womb, or its ligaments, retards the birth, emollient medicines must be sparingly used; but cloths dipped in warm Red Wine may be frequently applied. The posture of the woman must be contrived to favour the disorder, and she ought to be as quiet as much as possible. In other respects, this case may be treated as a common relaxation, or bearing-down of the womb. See Section XI.

Distortion of the sheath sometimes hinders the exclusion of the foetus. The woman must then be placed in a posture to favour the delivery: and for this purpose, that of standing is generally preferred. Other cases require different postures, and particularly that of standing on a stool. In this case, the woman must be supported under her arms, or lean on a pillow, in some convenient place. Particular distortions of the parts, situations of the child, the woman's usual way of life, and other various symptoms, may require yet different postures, as kneeling, leaning, stooping; which are best concerted between the mother and the midwife.

Sometimes the child sticks between its neck and shoulders, in the orifice of the womb, so as to be in danger of suffocating. This case requires great care and expedition: care, that the head of the infant be not pulled from its shoulders; and expedition, that it be not stifled in the passage. The fingers or hand, must here be gently introduced between the neck of the womb and the child, and in this manner it must be artfully eased.

Sometimes the navel-strings is wound about the neck of the child, and must be disentangled before delivery, for the safety both of mother and child. To prevent any fatal accident from this cause, the midwife ought to satisfy herself, before she enters expressly upon her

her office ; and if she finds the navel-string thus entangled, by all means to endeavour to clear it, and reduce it to its natural situation.

I come now to those sorts of births that are called *unnatural*. These may happen from the child's turning itself, or being turned in the womb, whether side-ways, the face upwards, or otherwise ; so that the hands, feet, knees, shoulders, or any other parts, may separately or jointly present themselves. The navel-string also, being broke, may appear first ; and so may the secundines, or they may adhere strongly to the womb. The particular state of the case is best learned by the symptoms attending the labour, compared with what appears upon examination. If the throws are regular and strong, the sheath and womb sufficiently dilated, the waters evacuated, and yet the birth does not come forwards, we may conjecture that the child is large, or affected with a general or particular dropsy, as in the head, the belly, or elsewhere. The danger attending unnatural births, always increases in proportion to the violence of the symptoms, the continuance of the case, and the nature of the causes from which it proceeds.

Unnatural births ought to be reduced to the natural, as much as possible, by artificial means. Thus, when the head presents itself sideways, the child should be gently put back, and turned to the natural situation. But if it be advanced too far this way, for instance, to the neck, it may, by turning, be reduced to the proper posture, and extracted as in natural labours.

When the child lies with its face upwards, and it be found impracticable to turn it, it must be helped out in that posture ; though the consequence is usually some small bruise in its face, or a flatness of the nose, occasioned by pressing against the bones of the mother.

When a child is dropfical in the head, it may be known by the large size thereof, and the openness of its futures, while the other parts of the body are generally small and wasted. If the extraction cannot be here made in the common way, because of the size of the head, the space between the futures must be cautiously opened, in order to evacuate the collected water. The like method is to be taken when the child is dropfical in the breast or belly ; due regard being had to the structure

ture of the part, and the proper manner of making the puncture.

If the foetus be monstrous, either universally or in a particular part, and the utmost endeavours to procure a delivery are ineffectual, its superfluous parts may be cut off with a proper instrument, or the whole may be divided, to save the life of the mother. But while the child is alive, all endeavours should be first used to extract it whole.

After the waters are broke away, if the feet of the child present themselves first, some danger may attend an attempt to turn it: it is therefore more advisable to extract it as it offers; and when it is advanced as far as the hips, it may be gently drawn by wrapping a fine napkin round it. But if the face now happen to be upwards, it ought to be turned downwards, to prevent suffocation and bruises. If only one foot appear, let it be considered whether the left or the right, in order to find the other; and when both are placed together, the operation may be as abovementioned.

It is impossible to proceed while both the hands and feet present themselves at once: the hands therefore are to be turned back, and then the extraction may be performed.

If one arm, or both, come forwards, they must be put back and replaced if possible: but when they are far advanced, the case is attended with difficulty. If in this case, the child appears to be dead, the limbs which thus present themselves may be separated by the hands. After the hands are replaced, if the head cannot be found, search must be made for the feet, and the foetus extracted after the manner requisite in those circumstances.

When the knees present themselves, while the hams are turned backwards, great care must be taken not to mistake them for the head: for which purpose, the part should be traced to the ham, and the woman being laid in a convenient posture, search must be made for the feet, observing that the child's face be kept towards the mother's back.

When a shoulder presents itself first, the case is difficult, on account of the distance of this part from the feet. The child must be replaced, and then, as well as possible,

possible, search must be made for the feet; which being brought out first, the fœtus may be extracted.

The child is in danger of suffocation when the back comes foremost, unless the posture be instantly altered; nor will it be possible to procure delivery, without first bringing out the feet.

When the buttocks come first, the feet must be sought as in other unnatural cases: but where they cannot be found, delivery may be attempted in the present posture, and with good hopes of success.

When the breast or belly presents first, the case is often dangerous, it being impossible to proceed in that posture. The midwife, therefore, must carefully replace the parts, and find out the feet; remembering to turn the child's face to the mother's back. When either side comes first, the case is less dangerous. The navel-string generally comes foremost, when the belly presents itself.

There is always danger when the navel-string appears first, whether the child be in a natural or unnatural posture, unless the delivery be suddenly performed; because the circulation is apt to be stopped, from any injury done to this part; which frequently occasions the death of the child, and violent symptoms to the mother. The midwife, in this case, must replace the navel-string, and then extract the child, either by the head or the feet, with all possible expedition.

When the navel-string is broke, there is more danger on the mother's side than on the child's, because of the difficulty of drawing out the after-birth, which remaining long behind is usually fatal: whereas the child, if once naturally delivered, is soon secured by a ligature. If any part of the navel-string remains fixed to the womb-cake, it may guide the midwife thereto, and then it may be separated as in natural births. But the case is very dangerous if the string breaks close to the cake, because of the time spent in finding this latter without a cue; during which, the womb may be greatly contracted, or remain less capable of distension, when the waters have been long discharged. In this case, the hand must be introduced, and the cake being distinguished by its number of little inequalities, it may, if loose, or but slightly adhering, be readily brought away;

away; but if any part of it stick closely to the womb, it must be first separated by the fingers. If it cannot be all brought away by this means, it is better to leave some part behind, than to hurt the womb itself by violent treatment; which might occasion convulsions, excessive floodings, and perhaps even death; or, if not these, inflammations, ulcers, or gangrenes, might be the consequence of such injuries. Some such medicines as the following will be here useful, in order to forward the expulsion of the womb-cake, or any remaining part of it.

Take Penny-royal Water, six Ounces; Tinctures of Myrrh and Castor, of each half an Ounce; Spirit of Saffron, two Drams: mix for a Julep. Let four spoonsful at a time be taken frequently.

Or,

Take Elixir Proprietatis, and Spirit of Hartshorn with Amber, of each two Drams: mix. Let thirty drops be taken three or four times a day, in a glass of White Wine. In the meantime, a Galbanum Plaister may be applied to the navel, and sneezing may be excited.

When the womb-cake presents itself first, or comes quite away before the child, the danger of suffocation is great to the child, and of mortal flooding to the mother. Here delivery must be immediately attempted, without spending time to reduce the child to its natural posture, unless it can be done instantly. Upon a complete delivery, the flooding generally abates or ceases: but if it should not, it must be treated as in the following Section, concerning disorders consequent upon delivery.

Though I have several times had occasion to mention the instrumental method of delivery, I shall not pretend to give any directions concerning it, because such directions would be of no use to the fair sex. When this method is necessary, recourse must be had to an able and skilful operator, who will be best qualified to judge in what manner he should proceed, when he has considered the woman's present circumstances, situation,

and strength.—I shall now proceed to give a definition of the posture of the infant as it lies in the womb,

EXPLICATION OF THE PLATE.

Fig. 1. Shews the method of examining the state of the os uteri with one or two of the fingers, to discern whether it be dilated, contracted, or in an oblique or straight direction; from whence the operator may form a judgment concerning the delivery, whether it will come presently, easily, or difficulty, &c. A denotes the uterus, BB the vagina laid open, CC the os uteri internum, as yet contracted, but in its right situation. D represents the manner of examining the os uteri with one or more of the fingers, which if obliquely situated, either forwards toward the os pubis, backwards on the os sacrum, or towards either side, denotes a difficult delivery.

Fig. 2. Represents the natural posture of the infant in the birth, with its head protruding into the os uteri, under the arch of the ossa pubis; A the infant, BB the womb laid open, CC the ossa pubis, DD the ossa ischii, EE the ossa ilei, F the navel-string, G the secundines adhering to the womb.

Fig. 3. An infant presenting with its feet foremost.

Fig. 4. Shews the nates or buttocks offering themselves, and the method of forwarding the birth by applying the hands to extract them.

Fig. 5. Represents the foetus in a transverse position, with the hand of the operator endeavouring to turn it.

Fig. 6. Shews the manner of apprehending the infant's feet, turning and extracting them.

Fig. 7. Shews the infant in a transverse position, with its abdomen towards the os uteri and vagina, in which posture the navel-string often comes out, to the hazard of the infant's life.

Fig. 8. Represents the head obstructed by the left side of the pelvis, and the neck being strongly compressed by the contraction of the uterus, renders the birth extremely difficult, or impracticable.

Fig. 9. Shews the infant's head inclined towards the right side of the pelvis, with the manner of replacing it



Fig. 1

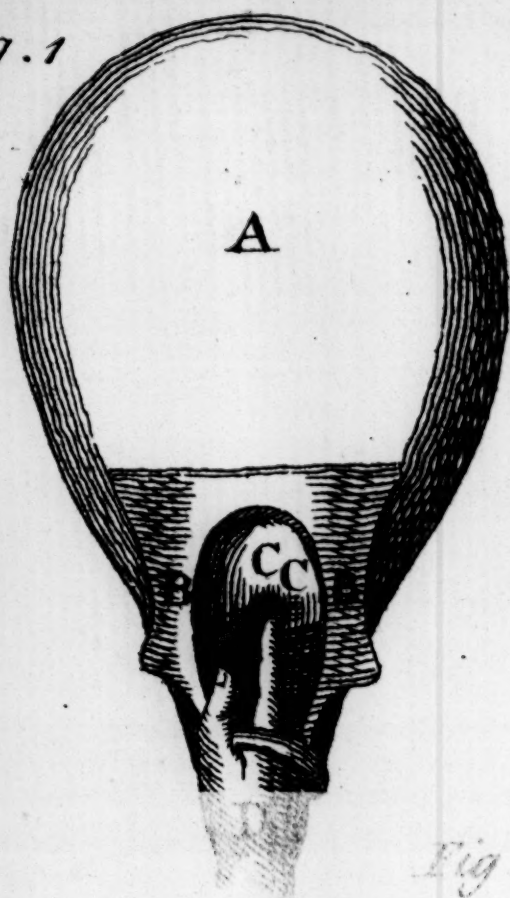


Fig. 2.



Fig. 6.

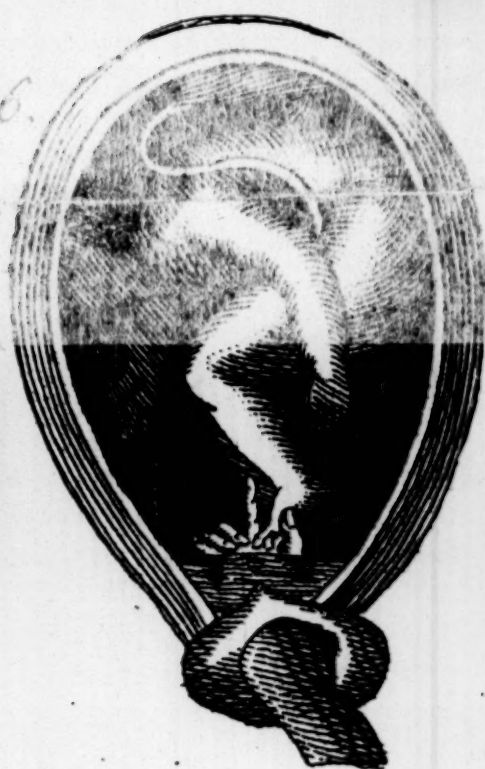


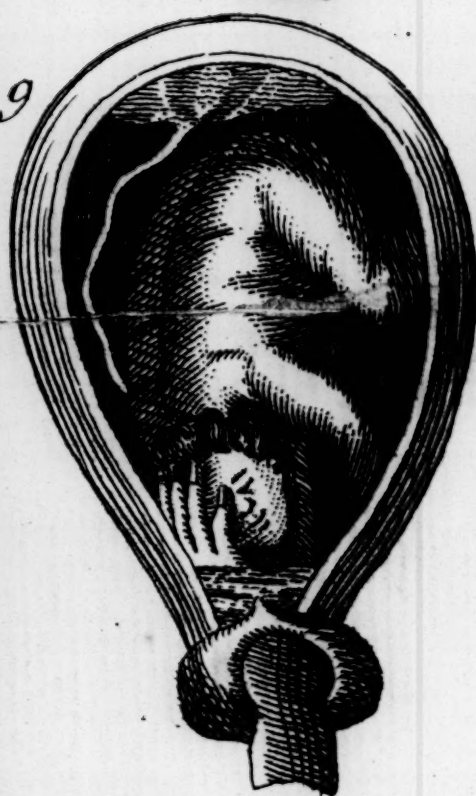
Fig. 5.



Fig. 10



Fig. 9



E



Fig. 13.

A A

Fig. 3.



Fig. 4.



Fig. 7.



Fig. 8.



Fig. 11.



Fig. 12.

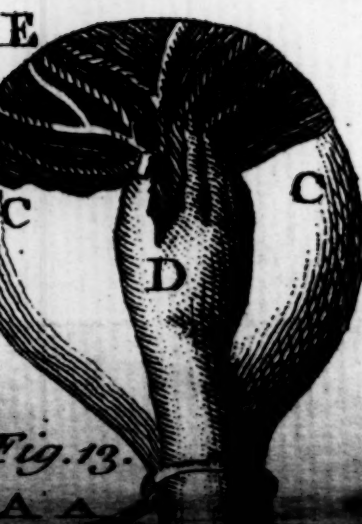


Fig. 13.

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Fig. 1

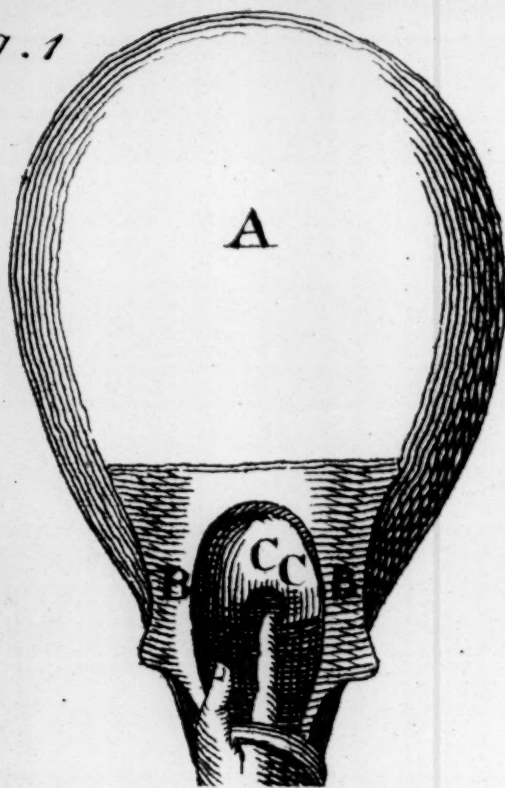
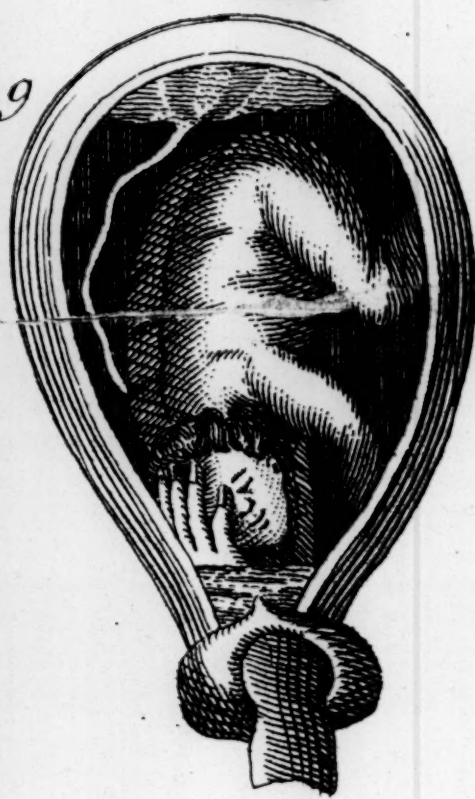


Fig. 2.



Fig. 10

Fig. 9



E



Fig. 13.

A A

Fig. 3.



Fig. 4.



Fig. 11.

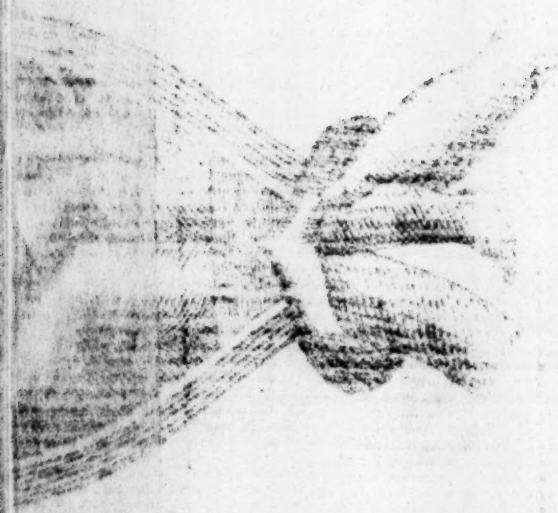
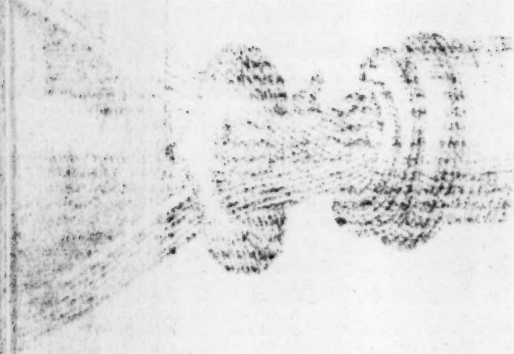
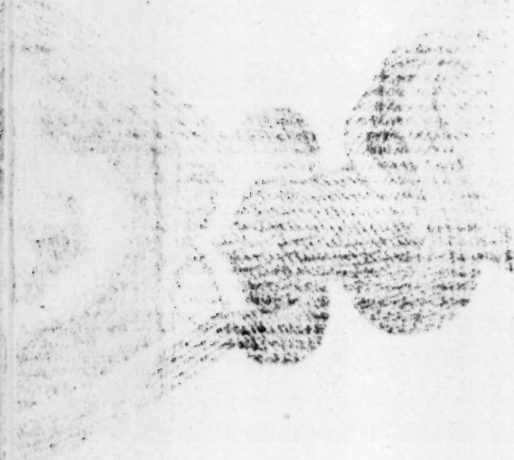
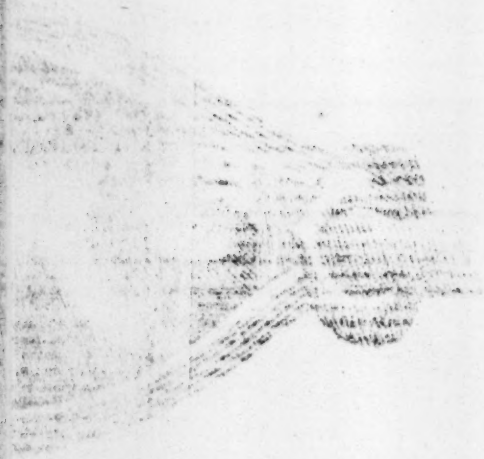


Fig. 12.



Fig. 13.

Place this
to Page 196.



it by the hand, when the waters have been lately discharged.

Fig. 10. Shews the infant presenting its elbow or shoulder to the os uteri, with the manner of apprehending the feet, in order to turn and extract them in this, and other unnatural postures.

Fig. 11. Denotes the manner of passing up the hand, in order to turn and extract the infant by its feet, when its hand and arm hang out of the womb.

Fig. 12. Shews the infant with one foot out, and the manner of investigating the other for its extraction.

Fig. 13. Exhibits the method of separating and extracting the placenta from the womb, when it does not easily follow the infant. There the navel-string AA, is left by the left hand B, while the right hand D, is thereby guided in the collapsed uterus CC, to the placenta E, which is hereby separated from the uterus.

S E C T I O N XVIII.

OF THE VARIOUS DISORDERS CONSEQUENT UPON DELIVERY; AS FLOODING, SUPPRESSION AND IMMODERATE FLUX OF THE LOCHIA, CONVULSIONS, FEVER, INFLAMMATION OF THE PARTS, AFTER-PAINS, DILACERATIONS, SWELLINGS, &c.

THE delivery is followed by a copious discharge of blood, which, proving continual for the time, is called *Flooding*; being generally of dangerous consequence, if immoderate, or of long continuance; especially in tender constitutions, or when it causes weakness, faintness, or convulsions. The regimen in this case should not be too hot. Rest should be indulged. The diet may be Panada, Sago, or Jellies. The drink, Wine and Water, with a Toast. Proper sleeping doses should be exhibited occasionally, if the patient be any way restless.

If the case be prolonged, by part of the womb-cake remaining in the womb, the exclusion thereof may be proposed by such medicines as are used in an obstruction of the courses; all things pungent or inflammable being avoided. If these fail, the offending bodies must be extracted by manual operation. After this, the patient usually recovers.

If difficulty or violence in the labour were the cause, sleep and rest should be encouraged; a thickening diet should be used; and the patient kept moderately warm. Injections of Red Wine are serviceable; or, instead of them, the following;

Take Red Wine, four Ounces: Plantain Water, two Ounces; best Vinegar, one Ounce; Roche Allum, one Dram; Sugar of Lead, two Scruples: mix, and inject three or four times a-day.

Acids, moderately used, are here convenient; and a few drops of Spirit of Vitriol, may be now and then taken in Hysterical Water. In general, the same method is here good as in other violent fluxes; due regard being had to the circumstances of the patient.

In plethoric constitutions bleeding is good, if the woman's strength will permit. After which, the following Mixture is excellent.

Take Plantain Water, six Ounces; best Vinegar, two Ounces; Syrups of Coral and Quinces, of each half an Ounce; Preparation of Bloodstone, Armenian Bole, and Japan Earth, of each one Dram: mix. Let two spoonfuls be taken every third or fourth hour, shaking the bottle.

If hardened excrements in the bowels, or cholical symptoms, seem to prolong the flooding, Clysters will be of service. In all flooding, the belly should not be pressed too tight. The following Injection is good, in case of faintness, convulsions, and long continuance of the flux.

Take White Vitriol, three Drams; Roche Allum, one Dram; dissolve in Plantain Water, Red Wine, and best Vinegar, of each one Ounce. To be used frequently.

For

For farther directions, see the Section of the Piles, and the article of flooding in Sect. III.

During the first four or five days after delivery, a quantity of pure blood is evacuated from the vessels to which the womb-cake adhered: it is great or small, according to the constitution of the woman, the manner of delivery, and other circumstances. After this, the flood decreases, grows more watry, or somewhat resembling suppurated matter. The evacuation generally ceases in fourteen or fifteen days after delivery, during which time it may greatly vary in colour, consistence, and smell. This flux is called the *Lochia*, or *Childbed Purgations*. It is generally less after a miscarriage, than after a perfect birth. It constantly decreases as milk comes more plentifully. When it is regular and natural, the quantity is proportioned to the cause, the constitution, and the laceration of the vessels; the scent is not ill, the change of colour and consistence gradual, without any signs of its corroding, or the like.

Suppression hereof may proceed from various causes; as a looseness, passions of the mind, catching of cold, the use of astringent medicines, an obstructed perspiration, and many others.

This suppression is more or less dangerous in proportion to its degree, and the time of its continuance. If the stoppage be sudden, and soon after delivery, it may cause pains of the head, a fever, difficulty of breath, and inflammation of the womb: and if not speedily remedied, swellings, ulcers, lameness, pains in the belly and loins, convulsions and hysteric disorders. Bleeding at the nose, and the piles, are good to prevent these; as also profuse sweats, an extraordinary discharge of foul urine, and the like.

The patient must here keep her bed, and lie with her head and body somewhat raised. A glass of warm wine may be now and then allowed; also Panada, Jellies, and Broths. In general, all her drink must be warm.

A Glass of Hysteric and Penny-royal Water mixed, twice or thrice a-day, has here been found serviceable. But these hot waters are hardly allowable in a fever, except it be a small quantity of the latter. Clysters and Cupping-glasses have been sometimes used to advantage; and

and it is proper to rub the legs, and other lower parts. Injections should be made of *Birthwort Root*, *Gentian*, *lesser Centory*, and *Savin*, with *Tincture of Myrrh* and *Elixir Proprietatis*, in the common quantities. Bleed where there is a plethory: and afterwards,

Take Powders of Myrrh and Borax, of each fifteen Grains; Spermaceti, ten Grains; Volatile Salt of Amber, five Grains; Conserve of Rue, one Scruple; Syrup of Mugwort, enough to make a Bolus. Let one of these be taken every other hour, drinking after it four Spoonful of the following Julep.

Take Penny-royal and Rue Waters, of each three Ounces; Hysteric Water, two Ounces; Sal Volatile Oleosum, Tinctures of Black Hellebore and Castor, of each one Dram; Syrup of Mugwort, one Ounce: mix. It may be taken also, the quantities of four Spoonful at a time, between the Bolusses.

The following Powder and Drops are also good for those who prefer such forms. The Powders may be taken in the same Julep, and the Drops in a Glass of Hysteric or Penny-royal Water.

Take Troches of Myrrh, one Scruple; Borax, half a Scruple; Powders of Savin and wild Valerian Root, of each eight Grains; Chemical Oil of Rue, one Drop: mix and pulverize.

For the Drops,

Take Spirit of Salt Armoniac, Tinctures of Amber and Myrrh, of each one Dram. Thirty Drops are a Dose.

If a looseness comes on as the consequence, and not as the cause of this suppression, it must not be suddenly stopped, unless it weakens the patient greatly. In that case the following Bolus should be given.

Take Powder of Rhubarb, one Scruple; Troches of Myrrh and Powder of best Castor, of each five Grains; Oil of Cinnamon, one Drop; Syrup of Balsam, enough to make a Bolus.

The

The disorders occasioned by a suppression of the lochia, usually disappear upon the return of the flux: but if any particular symptoms remain, they must be treated according to their respective kinds.

When the *Childbed Purgations* flow so copiously, or continue so long, as to cause a considerable loss of strength and spirits, a weak intermitting pulse, faintings, convulsions, pains in the belly, or the like, they must always be deemed *immoderate*. And after recovery, paleness, want of flesh, swelling in the legs and thighs, a dropical disposition, will generally remain for some time.

In this case the regimen should be restraining, proceeding gradually from the weaker things to what are more powerful. Barley-gruel, Panada, Jellies, Rice-gruel, and Hartshorn Drink, are here convenient; as is also a Glass of Red Wine and Water between whiles. The patient should be kept hot, sleep moderately, and drink but sparingly of thin liquids, for fear of a dropfy. The Restringtons may be these.

Take small Cinnamon and Black Cherry Waters, of each three Ounces; Treacle Water, one Ounce and a half; Bole Armoniac prepared, two Drams; Species of Dianthus and Japan Earth, of each two Scruples; Syrups of Coral and Red Roses, of each half an Ounce; Spirit of Vitriol, fifteen Drops: make a mixture. Let four Spoonful at a time be taken every fourth or fifth hour.

Also,

Take Salt Prunel, one Scruple; Dragon's Blood, half a Scruple: mix in a Powder. This whole quantity may be drank three or four times a-day, in a Glass of Red Wine mixed with Water.

The external remedies, when they are found necessary, may be the same with those prescribed in other immoderate fluxes. But if these fail of success, the following Solution may be injected to advantage.

*Take Salt of Nitre and Roche Allum, of each two Drams; Roman Vitriol, one Dram; Salt of Vitriol, one Scruple: dissolve in Plantain Water, three Ounces, and
best*

best Vinegar, one Ounce. This method will succeed in the most dangerous fluxes of the lochia: in the more moderate, I refer to the articles of flooding.

A retention or violent extraction of the after-birth, or a stoppage of the lochia, are apt to cause *convulsions* after delivery, which are more or less dangerous according to their cause, continuance, and degree, compared with the constitution of the patient.

If they proceed from a violent extraction of the cake, which causes a large flooding, astringent Injections of *Red Wine, Allum, and Sugar of Lead*, are very proper. If the vessels of the womb be torn without any considerable flux, the Injections should consist of *warm Milk and Barley Decoction*, or a Decoction of *Mallow Leaves, Camomile Flowers, and Linseed*, mixed up with *Honey of Roses*. When the symptom is from retention of the secundines, or a suppression of the lochia, prepare Injections with *Birthwort Root, Gentian, Leaves of Common Wormwood, and Mugwort*: to the Decoction whereof may be added, *Honey of Roses, Tincture of Myrrh, and Elixir Proprietatis*. But if any concremented blood remain in the womb, it must be extracted, before we can reasonably expect a cure of the convulsions.

When *Hysteric Symptoms* happen after delivery, a *Galbanum Plaister* should be applied to the navel, and the patient put into a course of hysteric medicines, as in the Section of that disease.

About the third, fourth, fifth, or sixth day after delivery, the usual symptoms of a *fever* appear; the lochia, in the meantime, continuing to flow regularly, but in lesser quantity. This diminution, and the increase of the milk, which makes the breasts hard, painful, and hot, seem to give rise to the fever, and the attendant pain and heat in the loins, back, and shoulders. This fever is seldom dangerous, but goes generally off by a sweat, if the patient only keeps to a slender diet. But a violent and continued fever after delivery, when from other causes, and in particular constitutions, may be of ill consequence, the lochia being then usually suppressed, which distinguishes it from a fever caused by the milk.

A slender

A slender regimen should here be observed ; which, in regard to the suppression of the lochia, may be the same as was ordered in that case. Bleeding is here convenient ; in the ankle, when the fever is from any distention or inflammation of the breasts ; in the arm, when it is attended with a pleurisy, pulsation in the head, the quinsy, or inflammation of the lungs. After which a gentle sweat may be repeated occasionally, and cordials moderately used in the intervals.

When the breasts are considerably swelled or inflamed, a Fomentation may be thus prepared.

Take Marsh-mallow Leaves, Camomile and Melilot Flowers, of each half a Handful : boil them in Spring Water, and to ten Ounces of the strained Decoction, add Spirit of Wine camphorated, two Ounces : mix. This may be frequently used. Warm Milk also, alone, has been found serviceable. But when a Poultice is required, there cannot be a better than the following ;

Take Marsh-mallow Root, half an Ounce ; Leaves of Common Mallows, one Handful ; Linseed, Fenugreek Seed, of each half an Ounce : boil in a sufficient Quantity of Spring Water, and to the Decoction add Linseed powdered and Bean Flower, in equal Quantities, enough to make a proper Consistence ; to which add, a small Quantity of Marsh-mallows. The common Poultice likewise of Bread and Milk, with a little Saffron and Hog's-Lard, is very good in the present case.

An inflammation of the womb and sheath, occasioned by the distention of the parts, may, when not very violent, be remedied by anointing with *Hog's-Lard, Ointment of Marsh-mallows, or Oil of Sweet Almonds. Fullers Earth* dissolved in water, is also good here. But when the disorder is violent, and remains long after delivery, and is likewise attended with difficulty of urine, costiveness, a fever, or convulsions, it demands the utmost regard, being highly dangerous.

The diet here, in general, must be of a cooling nature, as in all inflammatory disorders. Rest should be indulged, sleep encouraged, and all exercise avoided. The belly should not be swathed too tight, nor kept too warm.

warm. The medicines, of all kinds, should encourage the flux of the lochia, with due regard to the principal symptoms. When there is danger of ulcers and scirrhous tumors, bleeding will be proper in a plethoric habit, if it be done early: after which, a purgative Clyster may be now and then injected. When the lochia are entirely gone off, but not before, proper Cathartics may be given by the mouth. In other respects, these disorders may be treated as common inflammations, abscesses, and ulcers.

When from an injury done to the womb in delivery there is a relaxation of its ligaments, it must be speedily remedied, by the same medicines as are prescribed for a bearing-down of the womb in Sect. XIV. When the magnitude of the child, or a difficulty of the labour, hath so distended the parts that they cannot soon recover their natural tone, it will be proper to inject the following astringent Liquor, twice or thrice a-day, or to wash the parts with it warm.

Take Pomegranate Peel and Balauſtine Flowers, of each one Ounce; Armenian Bole, Japan Earth, and Roche Allum, of each half an Ounce: boil in Red Wine and Tincture of Red Roses, of each a Pint and a half, till the whole comes to a Quart; which strain, and use either for Injection or Lotion.

The pains which a woman feels in her loins, groin, &c. some time after the birth is brought away, are seldom dangerous, unless heightened by a detention of the lochia, which in this case ought to be promoted. In general, a proper regimen, and due posture of the body, usually effects a cure, without any particular medicines: but if the patient be restless, sleep may be promoted by an opiate Draught. A *strengthening Plaster* to the small of the back, the free use of *Oil of Sweet Almonds*, *Spermaceæ*, and *Troches of Myrrh*, are most usually prescribed, when medicines are found necessary; and a *carminative Clyster* may be proper to expel wind. The belly should be kept warm; the drink should be cold, the swathing not tight, and rest indulged.

The *Piles*, which succeed hard labour, are more troublesome than dangerous. If they are much swelled, Leeches should be applied to the part. In other particulars, these piles must be treated as the common sort. See Sect. X.

When the *fundament falls down* in a difficult labour, it must be replaced according to the directions in Sect. XVII. After which, restraining Fomentations, made of *Balaustine Flowers and Pomegranate Peels*, should be used, the patient lying so as to favour the disorder.

When the *Perineum*, which divides the fundament from the uterine passage is torn in a difficult labour, and the excrements come out through the privities, the rent must be carefully stitched by a skilful operator, the privities being first cleansed and dried. Then a pledget dipped in *Arcæus's Liniment* must be applied, and secured with a Plaster or Bandage, the patient lying still in a convenient posture. This case is more disagreeable than dangerous; and when it has once happened, can hardly be prevented, in future deliveries, when it may be of worse consequence, if not well treated at first.

Abscesses consequent upon delivery, in the groin, hips, thighs, feet, or other parts of the body, cannot be carried off but by bleeding and purging, with the use of Calomel between whiles, as the strength of the patient will permit: and where these fail, they must be brought to suppuration, and opened when fully ripe. After which, they must be cleansed and healed, in the same manner as other scrophulous ulcers.

SECTION XIX.

OF DISORDERS IN THE BREASTS OF WOMEN,
WHICH ARE APT TO FOLLOW DELIVERY.

TH E abundance, want, consistence, stagnation, retention, coagulation, or ill quality of the milk, are apt to occasion inflammation, hardness, rawness, and chaps in the breasts of women after delivery; and sometimes swelling, imposthumation, scirrhoty, and cancerous ulcers. They are generally the most violent after delivery of the first child.

Tension, heat, redness, and a fever, are usual attendants on inflamed breasts. When the tightness and heat diminish, it is a sign of imposthumation. A scirrhus tumor is hard, immovable, not painful, and of a dark reddish colour. When an imposthume breaks, the ulcer is laudable, if the matter appear white, in moderate quantity, and of good consistence: but the contrary appearances are held to be malignant. A cancerous ulcer is, when the scirrhoty increases, and the swelling breaks. An inflammation frequently attends the curdling of the milk, if it happen soon after the delivery: but if not till fifteen or twenty days after giving suck, the breasts become rugged and hard, without inflammation; a cold shivering seizes the small of the back, which is often followed by a fever; and the veins grow knotty. Rawness and chaps of the nipples are sometimes so violent, as to take off the part, and leave an obstinate ulcer behind them.

A pain or swelling in the breasts, if soon after delivery, is seldom difficult or dangerous, unless the breasts turn cancerous, or ulcerous. But in all these cases a slender diet should be observed, and the body kept open.

Reason will indicate bleeding and purging, in case of a full habit, and the promotion of the lochia when they

they are suppressed. When a *bruise* gives rise to the disorder, the following Liniment is good after bleeding.

Take Ointment of Marsh-Mallows, Oil of Roses, and Extract of Saturn, of each half an Ounce; Spirit of Salt Armoniac, two Drams: mix. Anoint the parts affected, between whiles, with a warm hand. Afterwards apply the following Plaister.

Take simple Diachylon and Cummin Plaister, of each half an Ounce; Diachylon with Gum, one Dram: mix. Spread upon Linen, and apply.

The following Poultice and Fomentation are also good.

Take Roots of Solomon's Seal, White Lillies, and Marsh-Mallows, of each half an Ounce; Melilot Flowers, one Handful: boil them in Spring Water. To the strained Decoction, add Linseed and Fenugreek Seed, powdered, of each an equal Quantity, with a little Ointment of Marsh-Mallows: mix for a Poultice.

Take Leaves of Marsh-Mallows and common Mallows, of each half an Handful; Flowers of St. John's-Wort and Elder, of each a Handful: boil them in Spring Water. To a Pint of the strained Decoction, add camphorated Spirit of Wine, two Ounces: mix for a Fomentation.

The following Lotion also, in case of great pains, may be used with success.

Take Lime Water, best Vinegar, and camphorated Spirit of Wine, of each two Ounces; Tincture of Saffron, half an Ounce; white Troches of Rhasis, two Drams; Spirit of Salt Armoniac, one Dram; Opium, half a Scruple: mix, and wash the parts frequently, endeavouring in the meantime to promote a Sweat.

When the breasts are hard from the curdling of the milk, they should be drawn before the child sucks. But

if the child is to be put out, the swelling must be diffused: for which purpose fresh-drawn *Linseed Oil* is very good, used by way of Liniment; as also the Fomentation last described. *Linseed Oil* may likewise be mixed with *Bean-flower*, and used as a Poulrice. If these fail, the swelling will probably break: in which case the suppuration ought to be promoted by the common Poulrice of *Bread and Milk*, with the addition of a little *Saffron*; and if it ripen slowly, a little *Ointment of Marsh-Mallows*. A low regimen should be here used, and no evacuating or expelling medicines.

When the *Tumor* actually contains *matter*, which may be known by the quashing thereof, and it is sufficiently ripe, it ought to be opened with a Caustic, when a cancer or scirrhusity is apprehended, and treated as an ulcer, according to its degree and nature. But a simple imposthumation, without any ill symptoms, may be opened with a lancet by a skilful hand, and speedily healed with the following Liniment.

Take yellow Basilicon, twelve Drams; Myrrh powdered, two Drams; Mastich and Aloes, of each half a Dram; Mel Rosatum and Yolk of Egg, of each two Drams: mix. Apply this warm, with Pledgets, observing not to crowd in too many of them. But if there be occasion to cleanse the wound before it is healed, the following may be used for a few days.

Take of Yellow Basilicon, two Ounces; Oil of Olive, twelve Drams; Verdigrise prepared, two Drams: melt them, and mix together for an Ointment. Apply this as the other, and keep on the dressings with simple Diachylon Plaister; unless the edges of the ulcer grow hard, when *Mucilage Plaister*, or *Diachylon* with *Gum*, mixed with a little *Spermaceti*, is more proper, in order to take down the callosity. And when the flesh is nearly level with the lips of the ulcer it may be dried up with the following Ointment.

Take Ointment of Tutty, drying red and white camphorated, of each two Drams; white Troches of Rhasis
and

and *Lapis Calaminaris*, of each one *Dram*; *Sugar of Lead*, two *Scruples*: mix.

When the ulcer is deep, winding, larger within than at the mouth, the case is dangerous; especially if the windings be numerous, and the matter bloody. Surgeon's work is here generally necessary to lay the whole into one wound, which must be often dressed with small soft *Dossils*, and the growth of proud flesh prevented as much as possible, by injecting *Allum Water*, or the following Composition.

Take *Egyptian Ointment*, two *Drams*; *Tincture of Myrrh*, and *Mel Rosatum*, of each one *Ounce*; *Red Wine*, two *Ounces*: mix. This may be used either as an Injection or a *Lotion*, according as the bottom of the ulcer can be come at. And the following, used in the same manner, may serve at once for cleansing and healing the part.

Take round *Birthwort*, *Gentian*, and *Gum Mastich*, of each one *Dram*; *Flowers of Red Roses* and *Balaustines*, of each half a *Dram*; red *Sugar-candy*, half an *Ounce*; *Red Wine*, half a *Pint*; boil them a little, and to the strained *Decoction* add *Tincture of Myrrh* and *Aloes*, one *Ounce*; *Balsam of Peru*, and *Venice Turpentine* dissolved in the *Yolk of an Egg*, of each two *Drams*; *Mel Rosatum*, one *Ounce*: mix, and use occasionally.

When there is a suspicion of *Scirrhusity*, and a beginning *Cancer*, all unctuous medicines are to be omitted, and the following *Liniment* may be made use of for the Dressing.

Take *Yellow Basilicon*, *Venice Turpentine*, and *Yolk of Egg*, of each half an *Ounce*; *Precipitate levigated*, one *Dram*; *Powders of Myrrh*, *Birthwort*, and *Gentian*, of each half a *Dram*; *Balsam of Peru*, two *Drams*: mix. During the application of this, bleeding and purging should be made use of; and in case the scirrhusity remains obstinate, suppuration may be promoted by the following Fomentation.

Take Leaves of Melilot, St. John's-Wort, and common Wormwood, of each a Handful: boil in Spring Water, enough to cover them: To a Pint of the strained Decoction add camphorated Spirit of Wine, two Ounces; Hungary Water, one Ounce; Spirit of Salt Armoniac, half an Ounce: mix, and foment the part frequently.

Where these are found insufficient, farther advice is immediately necessary, such as I shall not pretend to give in a work of this nature, which is designed only for the use of women themselves. Which hint may be sufficient in those other cases, where there is a swelling without appearance of matter, which cannot be expelled or resolved by the use of such discutient medicines as are prescribed in this Section.

When the *veins* of the breasts are *knotted*, or preternaturally swelled, and the case is not attended with an ulcer, the patient, if plethoric, may bleed: afterwards let her foment the part several times with Red Wine and Water, and apply *Poultices* made of *Hemlock*, to renew every evening and morning, which may be continued: or wear over it a Plaister of red *Minium* and simple *Diachylon*, in equal parts. Issues too may be here useful. But where there are any symptoms of an ulcer, other means must be practised.

Rawness and *Chaps* of the nipples are seldom dangerous, though often very troublesome, and of long continuance. For a simple rawness, it may suffice to bathe the part now and then with warm *Milk*, or to apply a compress that has been dipped therein, and renew the application frequently, as the former grows cold. *Fresh Cream* also rubbed on, or applied spread upon fine linen, has been found very serviceable. But where the fibres of the nipples are very dry and parched, the following Liniment may be more successful.

Take Spermaceti, two Drams; white Wax, one Dram; Oil of Sweet Almonds, ten Drams: dissolve them together; then add Saffron pulverized, half a Scruple; fine Sugar, one Dram and a half: mix.

On the contrary, when the fibres of the nipples are lax and moist, the following is to be preferred, and is
accounted

accounted a more general and certain remedy in both rawness and chaps.

Take fresh Pomatum, half an Ounce; Starch, powdered, and Armenian Bole, of each one Dram and a half; fine Sugar, one Dram; Powder of Saffron, five Grains: mix. Anoint with it often.

The following is both cleansing and dry, and has often been used with success, where both these intentions are to be answered.

Take white camphorated Ointment, half an Ounce; Powder of Armenian Bole, two Drams; White Troches of Rhafis, and best Starch, of each one Dram; best Honey, enough to make an Ointment.

Oil of Myrrh by Resolution, to touch the part with, is by some held for a specific in the cure of chapped nipples, and as such made a great secret of by many good women. Others fill the chaps with only *fine powdered Sugar*, and a little *Ointment of Tutty* over it. Both of these have been found serviceable.

These liniments, or ointments, should be constantly washed off with warm milk, before the child is suffered to suck. And in order to keep on the dressings, little cups of wood or lead, with holes in them, or nipple-glasses, ought to be made use of. It may sometimes be necessary to wean the child, and dry up the milk, when giving suck is found to increase the disorder. Spongy flesh should be ate off with *Red Precipitate levigated*; mixed with *Red Ointment*, for the dressing. When the nipples, by means of an ulcer, are quite consumed, the child being weaned, or put to another nurse, an attempt may be successfully made to form new nipples, by the use of breast glasses, and a well regulated suction.

In order to prevent an *over-abundance of milk*, which may distend the vessels, and occasion inflammation and pain, it is usual, presently after delivery, to apply Diachylon Plaisters to the breasts. This is generally sufficient, where the mother designs to nurse the child herself: but where it is not so, a mixture of *the Extract of Saturn*, and *the White Ointment*, spread upon linen, or of
Oil

Oil of Roses and *Vinegar*, are recommended for the same purpose; as likewise *Rags* dipped in *Brandy*, and applied to the arm-pits. A new-born child should not suck the mother for at least three or four days after delivery, during which time the breasts should be artificially drawn. But where, notwithstanding all precautions, the breasts are greatly distended and painful, a gentle purge may be given at about fifteen days after delivery, and repeated occasionally, if no forbidding symptoms appear. The diet, in the meantime, should be slender.

When there is a *deficiency* of *milk* for the nourishment of the child, the mother should promote the increase of it by emulsions, jellies, broths, wine, good malt liquors, and a juicy food, of easy digestion. But if the case proceed from weakness of constitution, which will not admit of high diet, it may be proper to wean the child, or put it elsewhere, and discuss the remainder of the milk.

When the *milk* is of too *thick* a consistence, yet in sufficient quantity, a slender, liquid, and diluting diet is necessary. Spirituous liquors should be avoided: but a glass of wine and water may be allowed. Tea and sack-whey, are here very proper liquors; and a small dose of the Bark may be of use.

Thin and *watry milk* is to be otherwise rectified. A solid diet, strong jellies, with flesh meat that is easy of digestion, are here proper, as in case of a deficiency of milk.

When the *milk* turns *sour* in the breasts, it is usually sweetened by *Gascoigne's Powder*, *Sarsaparilla Powder*, and the like; but may sometimes require a course of antiscorbutic medicines, as diet-drinks, &c.

When there is a necessity to *discuss* the *milk*, it is usual, in the first place, to apply *Diachylon* or *De Minium* Plaisters, to the whole breasts; as likewise the mixture of *Poplar* and *White Ointment* before mentioned, spread upon linen; putting *Rags* dipped in *Rum* or *Brandy*, under the arm-pits. But when the breasts are full of milk, they ought to be first drawn; after which they may be bathed with *Brandy*, and then covered with *Flannel*, or *Diachylon Plaster*. *Allum* dissolved in *Vinegar*, may be also used as a Fomentation, covering the breasts afterwards with rags dipped in the
same,

same, and applying other rags, so dipped, to the arms and pits. *Honey*, likewise, used as a Poultrice, has been here found effectual; as also the *Lees of Red Wine*, or *White Troches of Rhasis* dissolved in *Lime Water*, or *Plantain Water*. During the use of these, observe a slender regimen: and if the lochia are totally stopped, Purges and Clysters may be serviceable, as the constitution will bear. And if the effect of all these is not immediately sufficient, the breasts should be now and then drawn, for some time, to prevent any bad consequences.

The following Plaister, Ointment, and Mixture, may perhaps be more successful than any other medicine, for drying away the milk, when used according to direction.

Take *simple Diachylon*, *Brown Minium*, and *Soap Plaister*, of each one Ounce; *Cummin Plaister*, half an Ounce; dissolve them, and add *Oil of Amber*, one Dram: mix. Spread a little of this upon linen for a *Plaister*, and apply it to the breasts, after having anointed them with the *Ointment*, which is thus made:

Take *Ointments of Poplar*, *white camphorated*, *Laurel*, mixed, and best *Honey*, of each half an Ounce: mix for an *Ointment*. Let it be rubbed in with a warm hand. For the *Mixture*,

Take *Aqua Vitæ*, best *Vinegar*, *Oil of St. John's Wort*, of each two Ounces; *Lime Water*, and *Plantain Water*, of each half an Ounce; *Sugar of Lead*, *Roche Allum*, and *White Troches of Rhasis*, of each two Drams; *Spirit of Sal Armoniac*, one Dram: mix. Use this as a *Fomentation* between whiles.

I shall now give an additional Discourse of the Diseases of the Head, Nerves, &c. with direct methods of cure.

D I S E A S E S
OF THE
HEAD, BRAIN, AND NERVES;
WITH
DIRECTIONS FOR THEIR CURE;
AND
Of the several deplorable and sudden Indispositions attend-
ing them, as APOPLEXIES, EPILEPSIES, PALSIES,
&c. which may be Prevented, and consequently many
Lives saved, by the Medicines herein Prescribed.
TO WHICH IS SUBJOINED,
A D I S C O U R S E
Of the Nature, real Cause, and certain Cure,
OF
M E L A N C H O L Y I N M E N,
AND
V A P O U R S I N W O M E N.

S E C T I O N XX.

OF THE HEAD-ACH.

THERE are two sorts of Head-ach, the recent or new, and inveterate or old Head-ach. The former lasts but for a time only, and is either from cold, hard drinking, heat of the sun, violent exercise, or the like; and goes away as those occasions wear off. The other is constant or lasting, with very little abatement or intermission, is hard to be eased, and which, on light occasions, has extreme sharp fits, so that the patient cannot endure any noise or vehement motion, or scarce any light, but desires to lie in the dark, and be still; for noise, if it be great, renders him almost crazed. But though, as in some, the inveterate, or old Head-ach, continues always more or less, in others, it goes away and returns by fits.

They are both understood by the same common name of the Head-ach, but vastly different as to cure; the first going away upon the occasion ceasing, as I have already

already said; the other, being of long standing, is inveterate, and with difficulty removed; it being caused either through much blood, disorders of the stomach, or sharp humours contained within or without the skull, inflaming the head, and depraving the sense. If the pain be attended with heaviness, it comes of plenitude: if with pricking and shooting, it proceeds from sharp cholerick humours. If the head seems distended without heaviness and beating, wind is the cause: but if with beating, there is inflammation in the films of the brain. If there be heaviness with distention, it shews plenitude of humours within the films. If the pain be outward, it is in the films that cover the skull: but if inward, and at the roots of the eyes, the films that cover the brain are grieved. The external pain is in the *pericranium*, or membrane without the skull, and comes for the most part from external cold; because a cold part will easily suffer from the like quality. The internal pain is always in the *meninges*, or internal membranes.

But as the Head-ach, inveterate or old, proceeds chiefly from inward causes, either from some fault in the head itself, or disorder of the stomach, I shall speak only of that, the recent Head-ach, as already said, going away of itself upon a little rest and regularity, without any medicine.

If the pain proceeds from the head essentially, there will be no intermission, but a continual pain: or if the pain does remit, it is but little, and returneth again.

If it proceeds from the stomach, the pain will often cease and return again: also the appetite will decay, especially if the stomach abounds much with phlegm: but if the stomach abounds much with bile, there will be a bitterness in the mouth, a gnawing pain of the stomach, a *nausea* or loathing of food, trembling of the heart, and inflammation, which is much increased after sleep.

If the Head-ach proceeds from the head essentially, I always give the following Cephalic Purging Pills, which never fail moving off those humours that infest the brain and its *meninges*, whereby the patient has instant ease.

But when the Head-ach proceeds from the stomach, I give the Emetic Powder, presently to be prescribed, which

which gently and safely, yet thoroughly evacuates the offending cause, and sets the patient to rights, more especially, if in each case, the Cephalic Elixir, prepared as follows, on the intermediate days be also taken.

The Cephalic Purging Pills are prepared as follows.

Take of the best Turkey Rhubarb, half an Ounce; Troches of Agarici, one Ounce; Citron Myrabolans, two Drams; Euphorbium, two Scruples; Russia Castor, half an Ounce; Turbith Root, the most gummy, Jalop Root, and Harmodactis, of each one Ounce; Indian Spikenard, a Dram; the best English Saffron, two Drams; Ginger, Cummin Seed, of each one Dram; Flowers of Rosemary, a Handful; bruise them all small, and affuse thereon, in a glass Cucurbit, a Quart of compound Piony Water, double distilled; close up the mouth of the glass, that nothing may evaporate, and set it in a Sand-Heat six Days to Digest, then let it cool; and when it is quite cold, press out the Liquor very strongly in a Press; and to the Liquor, put of the best Succotrine Aloes, two Ounces; Scammony, two Ounces; Colloquintida, two Ounces; Mastich, half an Ounce; all in fine Powder; shake them together very well in the same Cucurbit the Liquor came out of, it being first washed very clean from the former Ingredients, and dry; set it in the Sand-Heat again with the Mouth open, but let the Heat be greater than before, that it may evaporate to the consistency of an Extract, to which, when cold, add of the best Salt of Amber, an Ounce; Camphire, rubbed fine, half an Ounce; Flowers of Antimony, one Ounce; the Volatile Salts of Hartshorn and Armoniac, of each six Drams; Chemical Oils of Rosemary, Nutmegs, Amber, and Lavender, of each a Dram: mix all together very well, and keep it for use. Three pills of this mass, about the bigness of a large white pea each, are sufficient for one dose.

The Emetic Powder is thus made.

Take the finest purified Salt Petre, six Drams; Salt of Tartar, two Drams; the best Hungarian Antimony, five Drams; powder them all apart very fine, and mix them

them well together, then put the Mixture, by little and little at a time, into a Crucible set in a Charcoal Fire, and made red hot; let the Mixture remain therein till it is melted, and flows like water; then take the Crucible from the Fire, and there will be at the bottom of it a Mass, which when it is cold, will be hard and reddish; take it out of the Crucible, and Powder it very fine, and put it into a digesting Glass, and pour upon it as much Spirit of Rosemary, Nutmegs, and Lavender, equal parts of each, as will cover it three Fingers; set it in a Sand-Heat, close covered, for twenty Days, or so long as till all the Spirit, being soaked up by the Powder, seems dried away, and the Powder looks Greyish; then take it out, and rub it again in a Glass Mortar very fine, and add to every Dram of it, sixty-three Grains of fine Salt Petre, subtilly powdered, mix them well together, and keep the Powder in a Glass close stopped for use. Twenty grains of it is a dose for a grown person.

The Cephalic Elixir thus.

Take Flowers of Rosemary, Camomile, and Lavender, of each half a Pound; Sage, twelve Ounces; let them be all well dried, and finely powdered, by grinding them in an hot Iron Mortar, with four Ounces of highly calcined Salt of Tartar; put them in a digesting Glass, and add of calcined Hartshorn, four Ounces; Vitriol, calcined till it is Yellow, half a Pound; Mistletoe of the Oak, three Ounces; Roots of Zedoary, Angelica, and Valerian, of each two Ounces; Orange Peel, two Ounces; Cubebs, Cardamoms, Spikenard, Cloves, and Nutmegs, of each an Ounce; Camphire, an Ounce and a half; compound Piony Water, as much as will over-top the Ingredients six Fingers; close the digesting Glass with all in it, and set it in Horse Dung for a Month, then take it out, and when it is cold, press out the Liquor from the Ingredients, till they are dry and fit for nothing; in the Liquor dissolve the finest Salt of Amber, four Ounces; and Elixirate it according to Art. Forty or fifty drops of it is a dose.

By the signs before given, any one that is afflicted with the Head-ach, may distinguish and know his case,
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and accordingly with the medicines prescribed, may have his cure; they having been long experienced by the author, to be the most effectual in those cases. The Pills are to be taken three at a time over night, which will the next morning, give four, five, or six easy stools. Warm water-gruel, broth, posset-drink, or tea, are liquors proper to be taken as they operate; and the patient keeping a little warm the days he takes them, will be the better. They may be repeated twice or thrice in a week, as there is occasion, as also must be the Emetic Powder, which is to be taken by those whose stomachs, being foul, &c. are the cause of the Head-ach: but as the Pills are to be taken at night, the Powder is to be taken in a morning, in a spoonful of water-gruel, with the same observation and care, as directed for the Purging Pills.

And on the intermediate days of taking either the Cephalic Pills, or Emetic Powder, it is necessary for the patient to take the Cephalic Elixir, forty or fifty drops at a time, every night and morning, in a glass of wine, ale, beer, tea, coffee, or other liquor, which pleases best, which, together with the Pills or Powder, will have wonderful effect, in altering and regulating those humours that create the disorder and pain in the head.

A gentlewoman, about forty-five years of age, was almost from her minority, grievously afflicted with the Head-ach, which made her unfit for all business. She had taken many medicines, used bleeding, cupping, issues, blisters, &c. which but little more than palliated, and for a while eased her pains. At length, I being sent to, with an account of her case, ordered the Cephalic Pills and Elixir abovementioned to be given her, which greatly relieved her: but she complaining also of her stomach, and want of appetite, I ordered her likewise the Emetic Powder, just now prescribed, to be taken with the Pills, by which she found a sensible mitigation of her pain, and at length a total cessation of it, that she was perfectly cured.

A young lady, of one-and-twenty years of age, the only daughter of a worthy gentleman, had been afflicted with a violent pain of the head from a child, which she was seldom or never free from, and when it was at the

the worst, would cause vomiting. Her parents had tried almost every body : some ascribed the cause to one thing, others to others. At last some person, that had heard of the success of my medicines for the head, recommended them, and my opinion was accordingly desired. I ordered her the Emetic Powder and Cephalic Elixir; the last to be taken in an Infusion of Sage, Marjoram, Rosemary, Mint, and Virginia Snakeroot, made like Tea, which she willingly took, though the Snakeroot made it very bitter and strong, and by continuing them for above two months, she was perfectly restored, and is since married, which her parents, by means of her indisposition, ever before despaired of. I could give divers other instances, but as I design brevity in this treatise, must be obliged to forbear.

S E C T I O N XXI.

OF THE MEGRIM, OR SENSATION OF GIDDINESS IN THE HEAD.

THE Megrin is a vehement pain in one half of the head, either on the right or left side affecting either the *teguments* without the skull, or the *meninges* of the brain, within, agreeing in quality, and coming near the nature of the old Head-ach, spoken of in the foregoing Section. If it be without the skull, the part pained is most commonly so sore, that the patient can hardly bear its being touched : if it be within the skull, that soreness is wanting, and the pain is more vehement. Sometimes the pain is more towards the *occiput*, or hinder part of the head; and sometimes more towards the *frontiput*, or fore part of the head, or near the root of the eye on that side which is pained. If it be accidental, it never affects the patient but upon extraordinary occasions; but if it be habitual, it returns either at set periods of time, or keeps an uncertain irregular course, being excited without any apparent cause, continuing long, and with that vehemency that the patient thinks it will distract him.

From these signs it appears, that as the Megrin is from like causes of the Head-ach, spoken of in the last Section, so the cure is to be attempted. And though many authors have prescribed many medicines both for one and the other, yet they allow they are to be remedied, if such a thing be to be done, with the same medicines, which I also have experienced: and the best to do it, that ever I met with, are what I have recommended in the former Section; and which, if the patient keeps to, I mean both Pills, Powder, and Elixir; the former to be taken as mentioned alternately, that is, one time the Pills, the next time the Powder, and so on, and the Elixir the days on which neither the Pills or Powder are taken, will undoubtedly free the patient therefrom, if it be in the power of medicines to do it. I have performed the cure by them in several; and particularly in a gentlewoman, who, about the time her monthly visits left her, was so afflicted with the Megrin, sometimes on one side of the head, at other times on the other, that she had very little ease night or day. She relating her case to me, I gave her both the Pills, Powder, and Elixir, which in five weeks, carried off her pain perfectly, so that she was, and is as free from it as ever in her life, though it is many years since

S E C T I O N XXII.

OF THE VERTIGO, GIDDINESS, OR SWIMMING OF THE HEAD.

THE Vertigo, Giddiness, or Swimming in the Head, is a disease in the cavities of the brain, causing the patient to think all things turn round, and many times causes him to stagger and reel, and sometimes to fall down, the brain and senses being disturbed; but oftentimes without any pain, by a preternatural exagitation and commotion, yet depriving not the patient of either sense or motion.

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This disease has two causes; one *simple*, wherein the sight remains unhurt; the other *complex*, wherein the sight is darkened, as it were, with a mist or cloud, and is called *scotoma*.

The signs by which a Vertigo is known, is by what has been said, only when the disease is recent or but gentle, the patient seldom falls, but staggers, as it were, a little, and is confounded in his mind by a certain kind of amazement, from the sudden exagitation of the animal spirits; so that if he be walking, he knows not where he is, but must be forced to stand still to consult the place of his present station, whither he is going, and what is the occasion, because a strange kind of forgetfulness seizes him: notwithstanding, all this while his internal senses are not so disturbed, but that he knows he is about business, though the particulars be forgotten, which, after a little pause, he recollects again, and becomes perfectly well.

Sometimes, as already said, this effect is accompanied with dimness and darkness of the sight, representing variety of colours, and things to look double and treble; in which case, not only all the other symptoms are existent, but the circumvolution, or rotation of things seems to be with a great violence or vehemency, inso-much, that when the paroxysm seizes the patient, he will necessarily fall, unless he catches hold of something to support himself.

This disease happens chiefly in winter, and in the people that are fasting, and is of very dangerous consequence, if not in time remedied; for it comes from blood and humours in the brain, but chiefly from cold humours, and flatulent vapours, arising from the stomach or other inferior parts, causing a continual pain in the head, noise in the ears, dulness of the senses, loss of smelling, and sometimes of tasting: and if it comes by consent of the stomach, then there follows a gnawing pain of the stomach, trembling, and sometimes vomiting, with a bad digestion.

When the Vertigo has been of long standing, it generally terminates in a *scotoma*, or dimness of the sight, and too quickly then changes into pernicious diseases, as the falling sickness and apoplexy. If it happens to old people, it is the more dangerous, because of the weakness of their brain, smallness

of their heat, and their abounding much with phlegm. If, in any that have this disease, things appear to their eyes bloody and reddish, it foretels madness; if purple colour, the falling sickness; especially such that have the *scotoma*, or dark Vertigo. Sometimes the cause of a Vertigo has been from a bladder of water contained in one of the ventricles of the brain, cast off from the vitiated blood thither, and is seldom if ever curable, though the patient at the same time eats, drinks, and digests well. I never knew one cured when it had been so, but have been an eye witness to those that have died thereof; and one particular man of seventy odd years of age, that was dissected, who, though he was troubled with a Vertigo, was otherwise constantly in perfect health. At first the fits came upon him but two or three times a-year, afterwards they came once a month, and as he grew older and older, the disease grew stronger and stronger, and the paroxysms more frequent and of longer continuance, till at length he had a fit once a-week. The last fit he had, he complained that all things turned round violently; and although he leaned upon a table, called out vehemently for somebody to hold him, for else he should fall by the hasty turning round of things. He desired to go to bed forthwith, which he did, and whilst he lay still, he seemed to be somewhat pacified; but upon the least turning of his head, or any part of his body, he cried out that the bed and house would be turned topsy turvy: all this while he had no convulsion, phrensy, or madness, or the least appearance of a fever, except about four or five hours before his death. As I said before, when this man's head was opened, there was found a bladder of water about the bigness of a pidgeon's egg, lying in the foremost ventricle of the brain, which alone was the cause of his death. The cure of a Vertigo, if it be simple, is not very difficult, it being to be done most commonly, by medicines that discuss the flatulent spirits, which trouble the ventricles of the brain; or that still and quiet the too great emanations of the animal spirits; and that comfort and strengthen the brain, that is hurt or weakened, by the said flatulency and irregularities of the spirits. The first is performed by heating Cephalics inwardly and outwardly, which have power to discuss
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any ventosity lodged in the cortex of the brain. The second by medicines that delight, comfort, refresh, and strengthen the brain.

Authors enumerate medicines for both purposes, and and those of Amber, Nutmegs, Rosemary, Sage, Oranges, Lemons, Ambergrease, Musk, Peacock's Dung, and the like; but the best thing that ever I knew to be universally successful, is the Vertiginous Spirit following, of which fifty Drops being taken every night and morning, in a Dish of Green Tea, or which is better, in Tea made of Rosemary, Lavender, Carraway Seeds, Sage, Juniper Berries, and Sweet Marjoram, will have incredible effect, more especially if a few Drops of the Spirit be snuffed up the Nostrils twice or thrice a-day, and the forehead, temples, top of the head, and nape of the neck be bathed with it; by which means the windy vapours will be dissipated, the brain comforted, strengthened and fortified much more than by any other medicine that I know of whatever; only now and then it may be proper for the patient, the better to carry off the offending cause, to take a Dose of the Cephalic Purging Pills, prescribed in Section XX. or rather if he finds any disorder at his stomach, to supply their place with the Emetic Powder, therein also prescribed.

The Vertiginous Spirit is thus made.

Take Beet Root, two Ounces; Marjoram, Lavender, Rosemary, Thyme, Bettony, wild Thyme, Sage, of each two Handsful; Orange and Lemon Peel, of each an Ounce and a half; Coriander, Anise, Carraway, and Fennel Seeds, of each an Ounce; Nutmegs, two Ounces; Cloves and Mace, of each six Drams; Ginger, half an Ounce; best Russia Castor, half an Ounce; Species Diatrium Pipercon, and Species Aromaticum Rosatum, of each an Ounce; Salt of Tartar, six Drams: bruise small what is to be bruised, and put all into a Retort; then pour upon them two Quarts of the highest rectified Spirit of Wine; fit a Receiver to the Retort, which lute well together, and set in a Sand-Heat for eight Days, then distil, drawing off all the Spirit, that the Ingredients may remain dry; then take out the Fire, and when all is cold, which will
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be in a Day or two, unlute the Receiver, and pour out the Spirit, in which dissolve four Ounces of Camphire, and an Ounce of Salt of Amber, and it is done. Keep it always very close stopt for use. Dose fifty Drops.

Being importuned by a gentleman afflicted with a Vertigo to do what I could for him, though he almost despaired of being cured, as indeed I did of curing him, by reason he had tried almost all things before, and was therefore loath to undertake him; but I say he greatly importuned me. I gave him a bottle of the aforesaid Vertiginous Spirit, with directions to take fifty Drops in the Tea just now mentioned: which he did, as also snuffed, by my order, some of it up his nostrils, and bathed his head, temples, &c. with the same, by which means he was somewhat relieved; but complaining of sickness at his stomach, at which time his Vertigo was worse, I gave him four Papers of the Emetic Powder, with orders he should take one every third morning, and go on with the Spirit as before, which he did accordingly, and found such benefit that it is scarcely credible to relate, he becoming thereupon, as it were, a new man, and able to be about his business, never having the least sign of it, after taking the medicine about five weeks; and still continues in perfect health, it being now more than two years since.

SECTION XXIII.

OF FORGETFULNESS, OR DOTAGE.

FORGETFULNESS is a disease proceeding from obstinate vapours, or an over hot, or over cold and moist temperament of the brain, which renders the animal spirits either too volatile, that the thoughts are not to be contracted; or else too torpid, diminishing the natural heat, that the person is dull, sluggish, has no memory, and can think of nothing as he should.

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The causes of those malign vapours, or over hot, or cold and moist temperament of the brain, are either natural or preter-natural. If they proceed from natural causes, as sometimes they do, from an ill conformity of the head and brain, or over great thickness of the same, or from too strait or wide passages, by which the spirits are either too much compressed or dilated, they are scarcely to be remedied. But if the causes be from poison taken, or too many Narcotic Medicines, or from over watchings, too much care, bad air, sickness, or the like, they may in time be remedied; but if from falls or blows, that the brain is concussed, and the animal spirits dissipated or spent, are incurable; for in youth they breed folly, and in people of years dotage.

But dotage does not happen altogether to old people neither, for as it is a depravation of the fancy and rational faculty, arising from an irregular phantasm of the brain, by a fault of the animal spirits which are clouded, darkened, made black, thick, and opacous, young people may be liable to it as well as old. The signs of dotage in the beginning of the distemper are perceived by the patient's being much more talkative than usual, especially those that are of few words when they are well, and in those that used to be very talkative when well, it is perceived by their sitting very mute, taking no notice of any thing, and, as it were, thinking intently on something, though when asked, can give no account of what. In the height of dotage, in a mild tempered person, there is fierceness, ribaldry, and scurrilous language, the motion of the eyes quick, they being affected by consent of the brain, arteries, veins, and nerves, the pulse irregular and swift, with a perturbation in the hypochondria, the speech and actions at the same time being altogether unaccountable, incongruous, and foolish, the patient being apt to be busied about toys and trifles, if not down-right folly, which shews the principal faculties of the mind are extremely depraved.

These diseases are commonly without any danger attending as to life, but if they happen to children very young, they oftentimes make the child a fool; but taken in time are to be cured, and so are they many times

times in people of years, but not always, as shewn before. I have known, when they have been taken in time, that a proper Vomit and a Volatile Specific has roused up nature's force, that the patient has recovered, and found his spirits more lively, and his memory quicker than at any time before, and that by taking the Emetic Powder, prescribed in Section XX. and the Vertiginous Spirit in Section XXII. and that in the particular case following.

A gentleman of a brisk and airy temper, quick wit and ingenuity, and of an excellent apprehension, judgment, and memory, fell first into forgetfulness and loss of memory, after into a dotage, upon some trouble of mind, insomuch, that he would talk very foolishly, ask the same question over and over, and would sometimes, without any cause, fall a laughing, at other times crying just like a child, which shewed that his intellects were really much depraved, insomuch that I greatly questioned whether I could do him any service; however, upon his friends earnest desire I endeavoured, and sent him three Papers of the Emetic Powder, and a Bottle of the Vertiginous Spirit, with directions for his taking one of the Papers every other morning, and fifty Drops of the Spirit every morning besides, and also every day about four in the afternoon, and at night, mixed in a glass of the Tea, prepared with Rosemary, Lavender, Carraway Seeds, &c. mentioned in the last Section, and to use the Spirit also outwardly, as therein directed; which was accordingly done, and by that time the three Papers of Powder (which always vomited him well, I enlarging the Dose a little) were taken, and also the Bottle of Vertiginous Spirit taken and used, he grew better, his memory being sounder, and discoursed more rational; I therefore ordered he should persist in the same course, which he did for three months together, or more, and grew well, returning to his perfect and sound mind and memory, and never had any thing more of it afterwards.

SECTION XXIV.

OF PHRENSY AND MADNESS.

THE Phrensy, though it be not a perfect madness, yet as it is caused from an inflammation of the membranes of the brain, which hurts the internal senses, as the imagination, judgment, &c. may be said to be a sort of madness, and the more as there attends those so afflicted a kind of fury, little and troublesome sleeps, speaking without sense, pulling as though it were straws, or the like, from the bedcloaths, being unruly, angry, raging, and the like, and which if not timely remedied, terminates in downright madness; but as it is what is curable, there is no danger, provided proper applications be made; and the first thing that is to be done, is to bleed, and after that to give Vomits and Cephalics, than which nothing can exceed the Emetic Powder for vomiting, and Cephalic Elixir for the other intentions, both prescribed in Section XX. they doing all, as it were, at once, I mean without any other medicine, if the Powder be repeated twice or thrice in a week, in a morning, and the Elixir taken as therein directed. But where there is a perfect madness and distraction, other methods must be taken, as Cuppings with Scarifications, large Bleedings, Clysters, Blisters, frequent Purgings and Vomitings, to do which two last, nothing I say can be more prevalent than the Cephalic Pills and Emetic Powder, given alternately as the patient's strength can bear them.

I know there are many who pretend to cure madness by some particular methods, others by such and such a peculiar Specific, but with what success they know best. One came to me once in behalf of a friend of her's, a man that had been distracted for many years, and had been in madhouses, and other places for cure, but to

no purpose. I told the messenger the best medicines I knew for cure were the Emetic Powder and Cephalic Purging Pills, some of both of which I gave her, with directions to give him one Paper of the Emetic Powder one day, and resting the next day, to give four of the Purging Pills the day following; and so every other day for a week, the Powder or Pills, which was done, and the patient was much better; but coming for more, the messenger told me they were advised to give him the following Drink, as the most certain Specific for madness in the world. I answered I could not tell what extraordinary virtues were in it, but they might give it notwithstanding his taking the Powder and Pills, which they did, and the man was soon after restored to his right mind; but when I heard it, I questioned whether that medicine or mine had most contributed to his recovery, which they could not tell, nor indeed could I, only as he was amended by my medicines before he took the Drink, I had reason to think well of them. However, that the Public may be the better for knowing it, I here give the Prescription just as they related it to me.

Take Dodder of Thyme, Polopody of the Oak, of each two Ounces; all the Myrabolans, of each three Drams; Seeds of Citrons, half an Ounce; Cloves, three Drams; black Hellebore, two Drams; Leaves of Sage, two Handful; Rosemary Flowers, a Handful; Stachas Flowers, half a Handful: cut and bruise them, and boil them in three Quarts of Spring Water to two Quarts; strain it, and give a quarter of a Pint every Day at Four o'clock in the Afternoon, and also at Night.

But as there are various sorts of madness, viz. a discontented madness from vexations, losses, and crosses in the world; a religious madness; a madness from taking poison or poisonous things; a madness from the biting of the tarantula; a madness from the biting of a mad dog; a love madness, and a womb madness, called *Furor Uterinus*, to which only women are subject: I say, as there are eight sorts of madness, this Drink which I have prescribed, and was so much commended as a Specific for cure, I fear will not have the great effect
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said of it, though any that please may try it, which was the reason of my giving the receipt of it.

SECTION XXV.

OF THE LETHARGY, CARUS, OR SLEEPY DISEASES.

THE Lethargy is a disease known by the patients being continually sluggish and sleepy, scarcely answering if often spoken to, only opening their eyes and shutting them again, without taking the least notice of any thing that was said to them; and so inclined to sleep are they, that if you shake them and rouse them ever so much, they will hardly awake, or at least not long, but to desire to sleep, and are never satisfied without it, or indeed with it; so that the animal spirits are, as it were, bound and locked up by extraordinary obstructions, there being attending a gentle fever, a high pulse, and breath weak; the cause is from too much phlegm, cooling the brain in its windings and hindmost cells, which occasions the profound sleep; and the putrifying humour being extremely sharp and fretting occasions the fever, which is in a manner perpetual; and the slowness of breath is caused from the affection of the nerves of the *thorax* or breast.

The Lethargy differs from the *carus*, because in a *carus* there is no fever. It differs from a *catalepsis*, because in that the eyes when the patient sleeps, are open, and in the Lethargy shut.

All sleepy diseases, if of long continuance, and those happen in fat, gross, and old people, are generally incurable, and by how much deeper the sleep is, or the patient the harder to wake, by so much the more is the disease dangerous, and that especially if it happens after going off of an acute disease; and if the sleepy disease be exquisite, and the strength decays and wastes, it is certainly never to be cured: but if it happens to one that is young, in the heat of summer, and the animal

mal functions be not much impaired, and all the natural evacuations be perfect, there may be a cure: to accomplish which, Evacuations by Bleeding, Blistering, and Purging, must be made, the latter not by any thing better than the Cephalic Pills, prescribed in Section XX. and then for a Specific to repercuss the humour that offends, and strengthen the brain, I cannot advise a more prevalent preparation than the Volatile Essence following; which discharges the animal spirits of their burthen, and quickens them to an immense degree. The method to be observed is this: first let the patient bleed in the arm twelve Ounces, or according as he is in age and strength. After that apply a strong large Blister to his neck, or rather between his shoulders; then the next night, or next morning, which he pleases, let him take four of the Cephalic Pills, which will gently purge him, and every night and every morning (excepting the night and mornings he takes the Pills), as also about four in the afternoon, let him take sixty Drops of the Volatile Essence, in a dish of Tea, or, which is more effectual, in a dish of the Infusion of Rosemary, Lavender, Carraway Seeds, &c. directed in Section XXIII. which if followed strictly, and the patient's nostrils and temples be rubbed several times a-day, with a little of the Volatile Essence, and a few Drops of it snuffed up his nose now and then, will undoubtedly, by the blessing of God, bring him to himself, if he be curable, and prevent the distemper for the future, if the medicines be but for a time continued.

The *Volatile Essence* is prepared thus.

Take Angelica, Marjoram, Rue, Rosemary, and Lavender Flowers, of each two Ounces; the best Castor, an Ounce; Ginger, Pepper, Pellitory of Spain, of each half an Ounce; Salt of Tartar, three Drams; Calamus Aromaticus, an Ounce; rectified Spirit of Wine, twenty Ounces: bruise the Ingredients that are to be bruised, and mix all together, and digest them in a retort, well luted to its Receiver, in Balneo Mariæ for ten Days, then distil and draw off the Spirit to dryness, which when it is cold cohobate upon the Fæces, digesting and distilling

distilling as before; and to the distilled Spirit, add Spirit of Salt Armoniac and Spirit of Hartshorn, both well satiated with their Volatile Salts, of each two Ounces: Balsam of Peru, an Ounce; Oil of Amber, half an Ounce: Oil of Rue, a Dram; digest them again for ten Days more, in which time it will have the body of an Essence, and be fit for Use.

SECTION XXVI.

OF THE COMA, OR UNNATURAL WATCHING.

THE Coma is a great desire and inclination to sleep, but with an utter inability to do it, arising from narcotic vapours which infest the brain, and induce the drowsy or sleepy indisposition, yet at the same time so trouble and disquiet the mind, that they cannot sleep at all, but wink with their eyes, and often open them, having a doting kind of discourse, attended with an inordinate motion of the hands and thighs.

It is caused sometimes by a great weakness of the faculties of the body, either from some grievous disease and violent pains, or some immoderate evacuations, which have dissipated the animal spirits. Unnatural watchings, are when the common external sense is wearied beyond due or just measure, arising from the continual uninterrupted influx of the spirits into the organs, as we see that when we have over tired ourselves by much walking, running, or riding, we cannot sleep, though we greatly want and desire it, but tumble, and toils and stretch.

Unnatural watchings are also occasioned by too much light, noise, cares of the mind, being too thoughtful or intent upon matters, &c. all which hinder sleep, also pain, coughs, fluxes, a hot distemper of the brain, hot, sharp, and salt vapours, which twitch and disturb the spirits and *meninges* of the brain, making people uneasy and restless; or from defect of such natural vapours, as procure rest to the animal spirits, which long abstinence

from food will cause, as also eating too much, especially suppers.

When watchings proceed from a disease, and become a Coma of long standing, the cure is very doubtful, especially if they have their speech hindered, or when they breathe a murmuring noise be heard in the throat, or a thin humour distils out of the nostrils, or the patients not able to swallow without difficulty, for in those cases it is dangerous, or at least they degenerate into a lethargy or phrensy.

The cure of the Coma or unnatural watchings, as they proceed from a humour or internal cause, that interrupts the quietude of the spirits, is best accomplished, especially in the Coma, by the Cephalic Purgings Pills and Cephalic Elixir, prescribed in Section XX. and which if taken as is therein directed, will carry off those offending humours, that the patient will have his natural rest, without taking opiates and other narcotic medicines, which, as they only palliate the distemper, and give ease but for a while, do in the end rather injure than relieve.

SECTION XXVII.

OF THE APOPLEXY.

THE Apoplexy is a disease of the brain, suddenly depriving the whole body of sense and motion. *Rolanus* defines it to be an abolition of sense and motion, with respiration hurt, which at last brings snorting and suffocation, by reason of thick phlegm flowing out of the funnel, and obstructing the *larynx* or wind-pipe, which also oftentimes and unexpectedly invades all the ventricles of the brain, but especially the fourth ventricle, wherein, unless the matter be discussed in the spinal marrow, death unavoidably follows. *Fernelius* says, that an Apoplexy is a disease bred by the obstruction of the *rete mirabile*, the afflux of arterial blood out of the heart into the brain, being thereby intercepted.

cepted. *Willis* says the sense of the word Apoplexy denotes percussio, and by reason of the stupendous quality of the distemper, containing as it were something supernatural, it is called sideration or blasting; for those struck therewith are, as it were, planet-struck, or struck with an invisible power, falling suddenly to the ground; and being deprived both of sense and motion, and the whole animal function ceasing, (save that they breathe) they lie for a long time as if dead, and sometimes, nay too often, are dead indeed, (many of which I hope to shew might have been, and how others may be preserved) but if they revive, they are many times taken with an universal palsy, or else with a palsy of one side. *Riverius* says it is a most deep sleep, and a total privation of sense and motion, breathing excepted, wherein the patient neither opens his eyes, answers, or feels when he is spoke to or hurt, breathing also with difficulty.

The Apoplexy is either accidental, coming of a sudden, and falling indifferently upon any man, though not at all pre-disposed thereto, for which by the way, no preventative method can be instituted; or it is habitual, from a constant disposition in some people, because of which they are at first only exercised with light approaches thereof, or rather symptoms, afterwards the paroxysms are evident, but gentle; but at length they become more obvious and grievous, and of which at last they for the most part die.

The Apoplexy is distinguished according to its degrees, into gentle, strong, and strongest: the gentle is that wherein the patient breathes freely, and easily becomes sensible again. The Strong Apoplexy is that wherein the patients breathe with very great difficulty, and, as it were, with violence, snorting and foaming at mouth. The strongest and most dangerous, is that in which all sense and motion immediately cease throughout the whole body, the breath also being stopped. In this there is neither snorting nor foaming, but the patient lies as if perfectly dead; but if they do not quickly recover, they ought not to be buried before three days be over, it having been known that some so seized have in that space of time revived again.

The signs of an Apoplexy are swoonings, sometimes falling suddenly and sometimes by degrees, sense, motion, and voice being many times taken away, sometimes only diminished, respiration alone, and that with much difficulty, remaining. Some persons sleep deeply, and, as it were, snort or snore, the loosened limbs being lift up, fall down with their own weight, in the manner of dead persons, and their eyes are either wide open or quite shut; the pulse at the same time being strong and full, which has deceived many in the prognostics of this disease; in many there is a relaxation of the sphincter muscles of the *anus* and bladder, so that the excrements and urine come away involuntarily and insensibly.

An Apoplexy very seldom gives any warning of its approach, unless in persons subject to lethargies or vertigos, which in many are forerunners of this disease, as also, in some, are dimness of sight, trembling of the whole body, incubus or night-mare often afflicting, gnashing of the teeth in sleep, and an unusual heaviness of the body. It has likewise by many been observed, that smoaking much tobacco, has caused, in some constitutions, the Apoplexy, and they give instances of such being seized while they have been smoaking, and died; and this they ascribe to its narcotic quality, and say by that means it is injurious to the brain, and consequently disposes to Apoplexies: but I am of another opinion as to the thing in general; for if tobacco had such a pernicious quality, the many years it has been in vogue, and the multitudes of people of all sorts that have taken it, would have discovered it in an eminent degree, and have obliged the world to leave smoaking it long ago as delaterious. But, on the contrary, very many people live to a great age, and in as good a state health, though they have long and immoderately used it, as those that take it not. It must indeed be allowed that it is not agreeable to all constitutions, but the same may be said of almost every thing else, whether food or physic; and though we have had instances of some dying of Apoplexies that have taken tobacco, yet it does not follow that tobacco was the cause. And I presume no wise man will conclude from

from a few instances of the disagreeableness of any one thing to some men, when vast numbers of them on the contrary side may be brought to warrant its use, that it ought universally to be avoided, or branded with a note of infamy. My sense of tobacco is, that in those persons with whom it is found to agree, it is a very good drainer of humours, and so may supply the place of issues, or at least that fewer of them may be necessary to those who abound with moisture; for by its irritating, and occasionally enlarging, (from the great afflux of the *saliva*) the secretory ducts in the glandules about the mouth, as it is evident there must be a great discharge, so a great diversion is made from the brain (though I allow the greatest part of the matter comes not immediately from thence, but out of the blood) whence it is adviseable that the persons who take it, should drink but moderately, least otherwise they do themselves more hurt by the supply than they can receive benefit by the discharge. But there is another reason why tobacco may be useful to those who are disposed or subject to Apoplexies (I mean to those to whom it is agreeable), and that is by the vellication the smoke of it impresses on the nerves of the mouth, which it makes to contract, so that by consent of parts the whole brain is analogously affected, whereby if the brain happens to be more lax than ordinary, and is disposed to receive a flux of blood or serum, as it will be after a person has had and escaped one fit, it will prove a very useful administration towards restoring the tone of it, and thereby preventing the admission of heterogeneous particles into the tubes of the nerves, which cause the symptoms.

And since I have spoken about tobacco, I will add a word or two concerning snuff, which, as it causes not, through its frequent use, any sternutation or sneezing to those who take it constantly; is very prejudicial; and where immoderately taken, by persons of some constitutions, so relaxes the tone of the brain as to dispose to Apoplexies, and that because the matter of it is gross, and apt to lie long about the extremities of the olfactory nerves, so as continually to affect them, especially where they are ever and quickly supplied with more, which keeps the pores of those nerves continually open.

open. It is the opinion of a great physician, that snuff, as now a-days used, renders those persons that take it, liable not only to Apoplexies, but also to the danger of receiving the pestilence, if any such distemper should reign, (which God forbid) and that much sooner than others, since from the symptoms, the pestilence appears to seize the brain particularly; and the sudden fate, upon record, of those that without any preceding indisposition have, whilst the last sickness raged, fallen down in the streets, was doubtless from the pestilential miasms, being easily and at once admitted into the brain by the olfactory or smelling nerves, rendered more open and lax by the profuse taking of snuff in those days; those people that used it most, being the soonest and in the most fatal manner seized with that disease. It may here be urged, that many who then used it, received no apparent injury, or do those that take it now a-days find any harm by it: be it so; I think the objection may as well be urged in favour of immoderate drinking, many who long indulged themselves in that practice, having yet lived to a great age, when however it is evident that many more have much shortened their lives by it. But though pestilences, (of which thanks be to God there is at present no danger) or Apoplexies may not be occasioned by the profuse taking of snuff, yet the vertigo and other distempers which we find debilitate and hurt the brain, may reasonably be supposed from that practice principally to arise.

The causes of the Apoplexy we have accounted for, and also the signs: I shall now speak of its seat, and then of its prevention and cure. The seat of an Apoplexy is without doubt in the more inward recess of the brain, to wit, the *corpus collosum*, and the proximate and immediate subject of the disease, is the animal spirits inhabiting therein, for that the understanding, imagination and common sense are so deeply affected as to be perfectly darkened, and to suffer a total eclipse; but the immediate subject of this disaffection is thought to be the middle part of the brain; because from thence the instincts of all spontaneous motions proceed, and in this the perception of all sensible things are terminated.

From

From histories and anatomical observations of persons dying of an Apoplexy, blood has been found extravasated, or out of its proper vessels, here and there in great clots, compressing the substance of the brain. In others, the *serous colluvies* have overflowed the whole head. In others, a large bladder of water has been found in one of the ventricles, compressing the smaller passages. From which observations it may be concluded, that the principal places solely affected, are not the greater ventricles, but the middle marrowy substance of the brain and cerebel, which is every where porous, and endued with very many minute passages, that both the vital spirits may flow in thither from the blood, and the animal spirits may flow forth.

The cure of the Apoplexy is twofold, in the fit, or out of the fit. The cure out of the fit is, properly speaking, a preventative, of which I shall treat, after I have shewn what is to be done in the fit.

The patient being in a fit, whether it proceeds from the blood let out of the vessels, or a serous, or watry humour, or the breaking of an imposthume in the brain, or other invisible cause, the cure must not be the less neglected: therefore immediately set the patient as upright as may be for some hours, (for the disease being a sleepy one, if the patient should be put to bed, it might incline more to sleep, which is expressly against the intention of cure) and let him bleed plentifully, for nothing is more capable of sooner relieving; and this distemper, of all others, requires the most sudden remedy; for the distention both of the sanguiferous vessels, and habit of the parts, being by emptying them, through bleeding removed, the fibres which constitute both, must be presumed to contract themselves by their tonic motion, but especially those in the habit. Afterwards, or while this is doing, some proper Sternutatory must be blown up the nostrils with a quill, the best of which I ever knew, instantly to bring the patient to himself, being the following Apoplectic Species, the virtues of which, in one particular case, I will here give you.

A gentleman being seized with an Apoplectic fit, several physicians and surgeons were called by the bystanders. They all immediately endeavoured to let him bleed, but he would not bleed. At length some one
by,

by, who knew I had medicines for fits and distempers of the head, came for me, and told me the man was dead: if so, I said, I could not fetch him to life. But it being the common saying when there is danger, that the patient is either dead or dying, in hopes the messenger might be mistaken, away I went, taking with me a little of the Apoplectic Species. When I got thither, I beheld the miserable object as one dead indeed, he lying so very stupified, as that no life could be perceived to be in him, and as a man dead I looked upon him. Bleed I found he would not, nor could any thing be got down his throat, therefore I instantly blew some of my Species forcibly up his nostrils, by which means, he a little while after began to stir: I then blew up a little more, upon which a large evacuation of pus, water, and viscous matter mixed with blood, was immediately made, whereupon he a little revived, and being almost come to himself, a very great flux of blood (near upon a quart) presently followed through his nostrils; so that in about an hour's time, or a little more, after the use of the Species, he perfectly recovered from his fit, his understanding, speech, and senses, being all restored. This danger being over, the next thing to be considered for him, was how to prevent any more fits for the future; therefore I ordered him the Cephalic Pills and Cephalic Elixir, prescribed in Section XX. to be taken as there directed, which had the desired effect.

The *Apoplectic Species* is thus prepared.

Take Lily of the Valley Flowers, Lavender and Rosemary Flowers, of each three Drams; Marjoram and Betony, of each two Drams; Galengal, Pellitory of Spain, Rocket Seeds, of each half a Dram; Nutmegs, a Dram and a half; the best Castor, one Dram: Powder them all very fine, and sprinkle them with Essence of Cloves, Essence of Amber, and the best East India Oil of Cinnamon, equal parts of each, sufficient to make them into a Paste, which then put into a small Digesting Glass, well luted, that nothing may evaporate, set it in a very moderate Sand-Heat, till all the Liquor is thoroughly imbibed, and the Powder become dry; then take the Glass out of the Sand; and when it is cold, take out the Powder,
and

and rub it in a Glass Mortar, adding to it, Flowers of Benjamin, one Dram; Volatile Salt of Amber, a Dram and a half; Yellow Precipitate, well prepared, and very finely powdered, three Drams: mix all together, and keep it in a Glass very well stopped (that no Air may get to it) for Use.

In a fit of the Apoplexy, besides using the Apoplectic Species here prescribed, the mouth of the patient must, if possible, be opened and kept so, and something given to drink, if it be no more than about twenty drops of Spirit of Sal Armoniac or Hartshorn, in a glass of fair Water. Also, the arms, hands, thighs, legs, and feet, are to be chafed or rubbed with Oil of Amber, or the like. Also a Clyster is to be given him forthwith, if it be possible to be done. Likewise Cuppings, with Scarifications, Blisters, and Issues; which latter taking up so much more time to relieve, than there is to be had in such dangerous cases, the only present help in the exigency, is the use of the Apoplectic Species, with anointings, unless any thing can be gotten down the throat as just now mentioned.

As the recovering of a patient out of a fit of the Apoplexy, when there is so much danger, and life is so immediately threatened, is a very happy thing, so to prevent the fits for the future, or secure those from them that have the symptoms of them, is not a much less good service. For we have seen and known many that have had one fit after another, and each fit more dangerous, till at length life has been carried away indeed: therefore, though it be difficult to prevent the fits, yet I persuade myself, if the patient follows the rules I shall lay down, he will not only be secured from more, while he is taking the medicines, but will find the very cause of the disease taken away so effectually, that upon his desisting to take them, he will hear no more of his disease.

Therefore let such that are subject to the Apoplexy, or in fear of that disease, take three of the Cephalic Pills, every fourth or fifth morning, which will gently purge him, draining away humours from the blood which infest the brain; and those mornings he does not take the

the Pills, he is to take fifty drops of the Cephalic Elixir, in a glass of fair Water, or mixed with a little Wine, if the water be too raw for the stomach; as also the same dose every night going to bed: which Elixir is a specific medicine, corroborating the head, brain, and spirits, and keeping the blood in due order. And if he finds any disposition to a fit, by any of the signs or symptoms, mentioned to attend persons subject to Apoplexies, he should once a-week, snuff up into each nostril, the quantity of a small white pea of the Apoplectic Species afore-mentioned, at night, an hour or two before he goes to bed, which will purge the head and brain, and discharge from the nostrils and mouth, a large quantity of viscous humour, that in those cases infest the brain, whereby the patient will be much more lightsome and easy, as by so much the brain has been cleared of the humour offending it. Thus will no people, in my opinion, be troubled with Apoplexies, as we frequently see they are; I taking the medicines I have recommended, to be such for those purposes, as are not to be excelled; and hope those who use them, will have cause to say their effects have not fallen short of my account of them.

S E C T I O N XXVIII.

OF THE PALSY, AND OTHER NERVOUS DISEASES.

THE Palsy is a resolution or relaxation of the Nerves from their due habit, by which means motion and sense, sometimes one only, sometimes both together, in the whole body, or in some part or parts thereof, cannot be used or exercised, after their due manner.

It is a disease either perfect, in which sense and motion are quite lost and gone; or imperfect, wherein sense and motion are only decayed or diminished, so as to occasion a trembling or shaking of the parts affected; and in this latter,

latter, if the diminution be but small, it cannot be properly called a Palsy, but a *Stupor*, or a numbness, which however is commonly the forerunner of a true Palsy.

A Palsy may be either from the hurt of the motive faculty, the sense remaining sound, or from the hurt of the sensitive, the motive remaining well. The cause may be either from a solution of unity in the nerves, as by a bruise from a fall or blow, or by a wound, or from a relaxation of the *Vertebrae* of the back, suddenly caused; or it may come from innate causes or cold, pituitous humours, which relax and dissolve the tone of the nerves, or from straitness or narrowness of the nerves, caused by obstructions, or by constipation from some tumour, &c. or from thin, sharp, serous, and windy humours, moved in the bowels, not only to the beginning of the orifices of the nerves, but to the very muscles and tendons: or it may proceed from causes external and foreign, as from narcotics or poisons, immeasurably drinking strong liquors, the taking of henbane, opium, quicksilver, antimony, arsenic, or the like. To the external causes may also be added, the excesses of heat or cold; by the first of which, the spirits are wasted and spent; and by the latter, they are obstructed in their passages by congelation, &c. or it comes by consent of parts, and that, for the most part, in scorbutic habits of body. But the general causes of a Palsy, are all those which hinder the passages of the animal spirits into the nerves and muscles; and in whatever part they are interrupted from flowing, there will be a Palsy in that part; it being impossible for the nerves to act or perform their functions as they ought, without being sufficiently filled, and invigorated by the spirits.

In whatever place, I say, this hinderance happens, whether about the spinal marrow, or about the conjugations or branches of the nerves proceeding therefrom, it causeth a Palsy either of more or fewer parts, according as the nerves affected are more general or particular.

If the nerves that take their rise near the brain, or in the beginning of their passage from the brain, or the spinal marrow lying just under the brain, be hurt or affected, there is commonly a general Palsy, wherein also breathing, the voice, speech, and swallowing, with

some excreffive motions do suffer hurt. But if the hurt is in the following production of this marrow, it makes those members only paralytic, into which its branches or nerves are inserted. But the Palsy is so much the more general, by how much the effect of the said spinal marrow is near to the brain, or original of the nerves.

If the eye be affected with the Palsy, the visive nerves are originally hurt, as also the *cerebrum* itself. If the tongue is paralytic, the conjugation of nerves serving the tongue is hurt, and the speech is also defective, and by reason of its community with the auditory nerve, if the defect be so great as to cause a total loss of speech, the patient is for the most part deaf also. If there be a Palsy of the larynx, jaws, midriff, as also of the bladder and fundament, the nerves of the sixth and seventh conjugations, are hurt about their original. If there be a defect of the voice, the recurrent nerve is affected. If there be a defect in swallowing, the nerves that go to the muscles of the jaws are hurt. If there be danger of suffocation, the nerves that go to the midriff are hurt: though the midriff (the instrument of breathing) can otherwise, in some sort, perform its office, for that it receives nerves also from the spinal marrow.

If the sphincter of the bladder and anus be paralytic, there follows an involuntary voiding of urine and the excrements, the conjugations of nerves supplying those parts, being generally affected or hurt.

If the Palsy is in the legs, the nerves affected are about the bottom of the spinal marrow, and the *vertebræ* of the *os sacrum*. And thus we must search out for the place whence the nerves spring, which are dispersed to those parts affected with the Palsy, and that being known, the cure is the easier accomplished. From these things it is apparent what conjugation of nerves are most affected, when the Palsy is in this or that part only; but when there is an universal Palsy, there is, for the most part, an affection of the whole *genus nervosum*, or nervous system, which comes to pass from one or more of the causes already mentioned.

The signs of the Palsy are manifest, to wit, deprivation of sense and motion of the parts. The eye, if that be affected, is weakened and depraved on that side where the part is affected for want of nourishment. The speech

is much altered. The urine is most times white and thin, by means of obstructions. If it comes from a blow, fall, wound, &c. or upon an apoplexy, lethargy, carus, or other effects of the brain, or *genus nervosum*, it will not quickly be cured: no more will the Palsy in young people, proceeding from a cold and moist matter, because of the dissimilitude of the disease to the nature of such patients. The Palsy in old people is never perfectly cured, because they want natural heat; and an inveterate Palsy is most commonly incurable.

The cure of the Palsy therefore is uncertain, according as is the cause and strength of the disease, and constitution of the patient: nor is it in any cured, but by first and chiefly altering the whole habit of the body, rectifying the discracy of the blood, and removing the morbid matter offending; and then at last by strengthening the parts hurt, that they may for the future be able to resist all other assaults of the disease.

To do this, medicines must be both inwardly taken, and outwardly applied. Authors have not been sparing in their prescriptions for that purpose, there being numbers of them to be met with; but it is to be doubted, many of them would be found to be of very little, if any effect. I have known many of the (reputed) celebrated ones made use of, but the benefit was not equivalent to the trouble: nor indeed can I say any one of the many I have met with, have come near answering their characters, though I myself have used them with the strictest care and observation, which put me upon considering how to find out those that might be effectual, and which I have accomplished so far as to cure in many cases of that kind, I might say most. And even in inveterate Palsies, by a constant application of those medicines, I know not what effects may be produced; it may be more than I am willing to say, or the patient expect.

The medicines I speak of are only two: one is the *Paralytic Elixir* for inward use, which is this:

Take Pellitory of Spain, long Pepper, and Ginger,
of each one Ounce; Cloves, Mace, and Cinnamon,
of each six Drams; Zedoary, Galengal, Nutmegs,
Wood of Aloes, and Juniper Berries, of each ten Drams;

Black Pepper, Cardamoms, Dittany, Coriander Seeds, Alkermes Berries, Cubebs, and Bay Berries, of each one Ounce; Orange Peel and Citron Peel, of each six Drams; Spikenard, Sage, Rosemary, Lavender, Camomile Flowers, and Penny-royal, of each one Ounce; Salt of Tartar, half an Ounce; cut, slice, and bruise the Ingredients as they require, and put them into a Digesting Glass, and pour upon them a Pint and a half of compound Briony Water, let them digest close stopped, that nothing may evaporate, for Forty-eight Hours in a Sand-Heat; and when cold, strain off the Liquor, pressing the Ingredients strongly in a Press; then put the Ingredients into the Digesting Glass again, and pour upon them another Pint and a half of compound Briony Water, digesting and pressing out the Liquor as before; mix the two Liquors together in a fresh Digesting Glass, to which put of the finest Succotrine Aloes, one Ounce; Salt of Amber, an Ounce and a half; Volatile Salts of Hartshorn and Armoniac, of each half an Ounce; Camphire, one Ounce; digest them close stopped, in a Sand Heat, for Forty-eight Hours, or so long as till it be Elixirated, which will be when the Aloes, Salts, and Camphire, are perfectly dissolved and united with the Liquor.

The other is the *Nerve Fetus*, for outward use, and is thus prepared:

Take Oils of Amber, Turpentine, and Bays, of each half a Pint; mix them together, and put them into a Glass Retort, with Galbanum and Gum Elemi, of each an Ounce; let them stand a Week or ten Days in digestion, close stopped, in a moderate Sand-Heat; then take Nutmegs, Cloves, Galengals, Cinnamon, Zedoary, Pepper, and Cubebs, of each one Ounce; Salt of Tartar, two Drams; rectified Spirit of Wine, twelve Ounces; put them all into a Digesting Glass, and let them also stand in a Sand-Heat for a Week or ten Days, after which, put them to the other Ingredients in the Retort, and distil them. First will come off a Spirit, then a yellow Oil, and at last a Black Oil, which mix all together, and add to them four Ounces of Camphire, and digest them close stopped, so long as till they are all united, then it is fit for use.

The

The Paralytic Elixir is to be taken in drops, fifty or sixty at a time, every night and morning, in a glass of the following drink, which will keep the body soluble. With the *Nerve Fetus* the parts affected are to be bathed, every night and morning, cold as it is, and is to be rubbed in with the hand, till it is all dried in, and if the spine or back-bone from the nape of the neck to the rump be bathed with it also, it will be so much the better.

The *Drink* to take the *Elixir* in, is this.

Take new Ale from the Tun, four Gallons; White Wine, one Gallon; Juice of Scurvy Grass, three Pints; Juices of Water-cresses, and Brooklime, of each one Pint; Shavings of Horse-raddish Roots, Mustard-seed bruised, of each four Ounces and a half; put the Ingredients into a Bag, which put into the Ale and Juices, first mixed together, let them work up all together; and when the Fermentation is over, and the Drink settled, which will be done in about five or six Days, Bottle it off, putting a Clove slit into each Bottle, and also an Ounce of White Sugar.

In half a Pint of this Drink the Drops are to be taken, and the Drink may be drank by itself at table, or any other time, if the patient pleases. But where the case is slight, or the patient cares not for the trouble of preparing this Drink, the Paralytic Elixir may be taken in a glass of Wine and Water, or any other convenient agreeable liquor.

By the volatile and operative quality of the Drink and Elixir, a speedy flowing of the spirits will be let into the *genus nervosum*, for they not only alter the blood and juices of the whole body, but also remove the offending cause, circulate the spirits, and give strength, and that as well in all manner of diseases of the nerves, as in the Palsy, and with that good effect, that it is believed no medicines can do more.

A certain gentleman by a fall from his own coach hurt his back, that he could not stand upright, at length it brought on a Palsy, some part of the nerves of the seventh *vertebræ* being hurt in their original; to cure him

many things were applied, but in vain, till being told of my curing diseases of the head, brain and nerves, he sent to me an account of his case; I gave the messenger a bottle of my *Paralytic Elixir*, and another of my *Nerve Fetus*, which he taking and using as I directed, became perfectly well in twelve days time, though he had kept his bed seven weeks before.

S E C T I O N XXIX.

OF THE EPILEPSY, OR FALLING SICKNESS;
ALSO CONVULSIONS AND CRAMP.

THE Epilepsy or Falling Sicknefs, is a convulsive motion of the whole body, coming by fits, depriving the sick suddenly both of reason and sense, wherein the whole body is contracted. *Galen* calls the Falling Sicknefs always a convulsion, but improperly, for it is not a true convulsion, but a convulsive motion of the whole body, wherein all the external and internal senses are abolished,

It is called the Falling Sicknefs, because many times the persons afflicted, fall down when their fits come upon them; it is also called *morbis sacer*, either because it doth contaminate, as it were, the sacred soul or life, or because it is seated in the head, the sacred temple of the soul, as philosophers say, or else called so from the greatness of the disease, or rather because it is a disease not often cured (if it be inveterate) by human help, but by divine aid. It is also by authors called *morbis Herculeus*, and that either because *Hercules*, as the poets feign, was taken with this distemper, or because it is hard, like his labours, and difficult to cure. Others call it *morbis pueriles*, because children when they begin to have teeth, are often seized with this disease; also *morbis comitialis*, because it takes men on a sudden when they are in company; also *morbis Lunaticus*, because people are generally seized with it, at certain times of the moon, as the new and full; likewise *morbis fonticus*, because

because it is a distemper that much afflicts and hurts the person who has it.

When the fit comes, the patient falls down, is plucked up together, trembles, turns about, snorts, cries out, and foams at the mouth, and makes a kind of roaring or howling noise, clashing or grating, and closing his teeth, fast shutting and holding together his fingers, voiding his urine and excrements insensibly, and foaming at mouth froth, like the white of an egg worked with a whisk.

It is caused of gross phlegm, or sharp bile, obstructing the passage of the spirits in the ventricles of the brain, which within pulls or twinges the principal nerves, and thereby causes a straitening of the passage, by which there follows a drawing back and shutting up of the animal spirits which cause sense, from defect of which, there follows immediately all the symptoms of this disease, and by which the parts suffer a convulsive motion.

Though what has been said to be the cause, yet there are many afflicted with this disease hereditarily, from the same disease afflicting their parents, so that they bring it into the world with them; but upon general observation it is a disease chiefly occasioned by some posteros accident.

There are differences of this disease according to its cause, and the constitution it seizes on. One is recent, or but newly begun, the other inveterate and of long standing. There is also another more mild, in which some certain parts only suffer a convulsion; or else more grievous, wherein there is a convulsion of the whole body. Another is periodical, coming once or twice a-year, or once or twice a-month, at new or full moon, or oftener, but always keeping its certain times, though others again I have known to be surpris'd with the fits at unawares.

It is a disease to some, from an Epileptic disposition in the brain, to others from a preceding cause in the interior parts, to others from distempers of the stomach, to others from worms, to others from the womb, and to others from hurts of the external parts: it never seizes some till they are grown up in years, and others never but in their infancy; but though it most commonly happens

happens to children, yet it sometimes afflicts grown persons, and is remarked by *Galen* to be a disease incurable if it takes them after the age of twenty-five years.

The cure of this disease is twofold, when the disease is upon them, and when the fit is over.

When the fit is upon them, authors advise to give a few Drops of Spirit of Hartshorn, Castor, or the like, in a glass of fair Water, and to smell to the same, rubbing the Nostrils with a little of it, or with Oil of Amber. And when the fit is over, to prevent it for the future, they order Blisters, Clysters, Purges, Vomits, Cuppings, and the like, and give Specifics inwardly, which they prescribe, but they are so numerous that it is inconsistent with the brevity I design in this treatise, to note them, as it is judged they would, many of them at least, be as insignificant if I did.

I have attended many patients in my time both in and out of the fits, and though I have used many things recommended, I could not find any thing come near the Epileptic Spirit following, both to recover patients when in fits, and to rectify the indisposition of the parts, in order to prevent them for the future. But the method I use when I see any one in a fit, is this, I immediately blow a little of the Apoplectic Species, prescribed in Section XXVII. up each nostril, and give inwardly a few Drops of the Epileptic Spirit, as thirty to a grown person, and five or six to children, in a glass of fair Water, rubbing the nostrils, temples, top of the head, and nape of the neck with a little of the Spirit also, which almost instantly, as soon as the Species begin to operate, brings the patient out of the fit. After that is done, to prevent the fits for the future. I first purge the patient with the Cephalic Pills, prescribed in Section XX. giving them, as there directed, according to age or strength, every third or fourth day; and in the intermediate days I give thirty, forty, or fifty Drops of the Epileptic Spirit, every night and morning in a glass of fair Water, which is the best vehicle; and order the top of the head, nape of the neck, temples, and back-bone to be rubbed with the *Nerve Fetus*, prescribed in Section XXVIII. every night and morning, which

which wonderfully corrects and alters the humours of the body, and strengthens the whole man, especially if the course be continued for some time after the time the fits usually return, and I believe scarce one patient in twenty, where the disease is not hereditary, will by this method ever fail of being cured.

The *Epileptic Spirit* is thus made :

Take of Peacocks Dung*, half a Pound; Mistletoe of the Oak, and Male Piony Roots, of each six Ounces; Castor, an Ounce and half; Piony Seeds, Acorus Roots, of each two Ounces; Lavender and Rosemary Flowers, of each eight Handsful; bruise them all small, put them into a Retort, and pour upon them of the strongest compound Piony Water, six Quarts; fit a Receiver to the Retort, luting it well, and set it to digest for Forty Days in Horse Dung; then distil in Sand with a moderate Heat (lest the Ingredients burn) to dryness. To every Pint of the distilled Spirit, add Spirit of Amber, Lavender, and Rosemary, of each an Ounce; Spirit of Hartshorn, four Ounces and a half; Volatile Salt of Amber one Ounce; mix all together very well, and let it stand close stopped in a Sand-Heat till the Salts are dissolved, and the whole is entirely incorporated, which will be in about five days, and it is done.

The like good service will these medicines I have now mentioned do in convulsions, which is a disease from a forced contraction of the nerves and muscles towards their original, which is the brain and spinal marrow, wherein the voluntary motion of the joints is hurt, the natural form and situation is depraved or changed, and the parts affected are annoyed with a most sharp pain.

There are four kinds of convulsions, one when the whole body is bended or drawn forward, another when the whole body is convulsed and drawn backward, another when the convulsion is equally both ways, so that the whole body is stiff like a stake, that it cannot be moved any ways, and the other is when it happens to a particular part, as the hands, arms, legs, thighs, hips, and sometimes remarkable when it happens to

* Much esteemed by a late learned physician, Dr. Pitcairn, in his Elements of Physic.

the bowels, stomach, &c. When it happens to the hands, arms, legs, &c. it is what is called the cramp.

The brain is oftentimes affected in this disease, and sometimes the marrow of the back or *Spina Medullæ*, as also the nerves and muscles, as said before.

The signs are manifest, and the causes many, as from wounds, loss of much blood, cold humours, phlegm, the taking of hellebore, drunkenness, surfeiting, pricking a nerve, worms, biting of venomous beasts, or the like. But be the cause from what it will, I could never find the cure better or sooner accomplished than by the method and medicines a little before mentioned and prescribed, which if followed as directed for the Falling Sickness, answers the intention so much as I may presume to say nothing can do more. And one thing I cannot but remember before I leave this Section, that in cramps of the legs, &c. which many people are often troubled with, there is not a better medicine upon earth to bathe with, than the *Nerve Fetus*, mentioned in the Section XXVIII.

SECTION XXX.

OF THE INCUBUS, OR NIGHT-MARE.

THE Night-mare, or, as some call it, the Hag, is a nocturnal disease arising from thick vapours which chiefly obstruct the hinder part of the brain, by which the flux of animal spirits being stopped, breathing is hindered, the voice intercepted, and the body so oppressed (as it were between sleeping and waking) with a weight lying upon the breast and holding fast the man, that, notwithstanding all his endeavours, the whole faculty of moving seems for a season to be abolished.

I say, in the time of the fit, the patient endeavours and strives with vehemency to stir, move and shake off his burden, but in vain; for when the fit is off, and he comes to himself, he finds he is not moved an hair's breadth,

breadth, but lies in the same place and posture, though he thought he struggled strongly with what oppressed him, and that he cried out, when indeed he never spoke one word; but because of the great oppression about the heart and midriff, and fear of suffocation, he commonly groans, and thereby expresses the weight of his affliction with fear and terror. And though this disease so strongly seizes the universal man in the fit, so as to abolish all manner of external motion, yet it little hurts the understanding and internal senses, nor indeed the common sense of feeling, because if any one, being by, does but touch or pull the patient, though he be in the height of the fit, he will immediately come to himself, and perfectly remember and tell all the circumstances of the affliction.

As from the great oppression the patient groans, so also are the inward senses of many so disturbed, as that they believe it was a spirit that held them, or that they were hag-ridden, (whence comes the name) or that some witch or devil, sometimes in one shape, sometimes in another, as of a dog, a cat, bear, &c. lies upon and oppresses them, and will positively tell you, and themselves verily believe it, that they struck the devil or witch, when at the same time they never stirred their hands or arms, as aforesaid, an hair's breadth from the place.

This disease happens to those who sleep on their backs, and rarely to those who sleep on their sides. Those who have this disease much and often, are in danger to fall into the Apoplexy, Vertigo, Madness, Palsy, or Epilepsy; many children die of this disease in the night, by reason of abundance of thick vapours arising from the milk they suck, by which means many nurses have been hardly and unjustly censured for over-laying their nurseries, when in truth they have died of this disease. Those that use a temperate diet are seldom molested with the Night-mare, but it chiefly happens to such as are loaded with crudities, and are intemperate; as also to corpulent people and children, and others who eat too much, especially at night, and have bad digestions.

The indications of the cure of this distemper are threefold: *First*, the humour or matter that interrupts the

the flux of the animal spirits is to be removed, which is to be done by proper evacuating medicines. *Secondly*, the discrasia of the blood is to be rectified and reduced to its pristine state of health, which is done by specific and alterative medicines. *Thirdly*, the parts affected and weakened by the force of the morbid matter are to be strengthened; to do which, the same order and method, and the same medicaments that I have recommended in the last Section, for the cure of the falling sickness, are most proper, though truly, medicines less in power and virtue than they are endued with, might, in this disease, serve the turn; though I cannot but say as they are the most powerful, so they are more certain and speedy in their operation, and less of them than others will suffice to complete the cure. I do therefore for those reasons recommend them, and assure the patient that he will not be mistaken in his expectations of a cure by their use.

SECTION XXXI.

OF A CATARRH OR DEFLUCTION OF RHEUM, HURTING THE SIGHT, HEARING, SMELLING, TASTING, SWALLOWING, &c.

A CATARRH or Defluction, or as some call it, a Distillation, is a flowing of some excrementitious humours from the brain to the lower parts, as to the eyes, nose, mouth, palate, throat, lungs, &c. so that the brain is chiefly affected, the concoctive faculty of it being hurt, or the expulsive faculty irritated and stirred up, from an abundant repletion of phlegmatic Rheum, either generated in the brain, from the hurt of the concoctive faculty, or through the fault of the brain itself.

There are many kinds of those Rheums, some more thick, others more thin, some acrid and salt, others more sweet, some flow more violently, others more slowly. If it be hot, it is sharp and thin, flowing by the nose and mouth; the forehead and face are hot, and

and the nose many times swells. If it be cold, there is a pain and dulness of the head; the humour that floweth down is not sharp or pricking, but the patient is drowsy, his eyes dazzle, his hearing thick, his nostrils stopped, all his senses dull, his eyes and his whole body heavy and lumpish, and each of those is more or less as the humour falleth more or less upon that part. If the Rheum falls upon the eyes they look red, swelled, and sore, damaging the sight if not soon cured; if upon the nose, there is stoppage of the nostrils, loss of smelling, and the nostrils are sore, by the sharpness of the humour, and violent sneezings follow; if it falls upon the ears it causes pain in them, deafness, and oftentimes imposthumes; if it descends upon the palate it causes inflammation of it, relaxation of the *Uvula* (which old women call the falling down of the palate) swelling and soreness, also hurt of the taste; if the Rheum falls upon the throat it causes inflammation and swelling of the glandules, (vulgarly called the almonds of the ears, and deemed their falling down) and hinders swallowing, so that nothing can be got down but with very great difficulty; if the Rheum rushes down upon the lungs, it causes, if it be sharp and violent, a dangerous suffocation, or at least an obstruction of the lungs, from whence often ensue shortness of breath, difficulty of breathing, and a vehement cough, which if not in time remedied, brings the patient into a consumption; if the Catarrhus humour translates itself upon the limbs, joints, or nerves, as it will in time if not carried off, there is pain, weakness and trembling.

Sometimes the superfluous humour is thrown upon the glandules of the whole body, which alters their tone, so that if it happens upon the glands of the *mesenteria*, there follows a watery disposition of the whole body, which sometimes endangers a dropsey, or other desperate disease.

The causes of those Rheums are many, as corrupt air, hot liquors, and spices taken out of measure; but the chief cause is an over hot, or over cold, or moist distemperature of the brain; but some authors say, that a hot liver and cold stomach are the two chief seminaries of Rheums. But as in every Catarrh it is
Z evident

evident the matter flows from the head, that and the brain are chiefly to be taken care of; so as that they are purged with proper Cathartics, and after that corroborated; the superfluous moisture dried up, and the part or parts to which the Rheum flows, must at last be strengthened.

To accomplish this, I know nothing better than first to purge with the Cephalic Pills, prescribed in the Section of the Head-ach, to be taken every other day till the Rheum is abated, and also on those days you do not purge, to take at nights going to bed, and in the morning at rising, a dose of the Cephalic Elixir, likewise prescribed in the said Section: and to bathe all the head, nape of the neck, temples, and behind the ears, with the *Nerve Fetus*, prescribed in the Section of the Palsy, which strictly followed, will both remove the offending humour, corroborate the head and brain, and strengthen the weakened parts, beyond any thing perhaps ever known or used.

A
D I S C O U R S E

OF THE

Nature, real Cause, and certain Cure

O F

MELANCHOLY IN MEN,

A N D

VAPOURS IN WOMEN.

Instructing Persons how to Cure themselves, absolutely,
of those perplexing and pernicious Disorders, with
Safety, Ease, and Expedition.

S E C T I O N XXXII.

OF MELANCHOLY, ITS NATURE, CAUSE, AND
CURE.

THOUGH Melancholy cannot be strictly said to be a disease of the head, yet as the head is oftentimes disturbed by it, it comes properly enough to be spoken of here.

Melancholy, or as some call it, the Hypo, is a sort of dotage arising from disturbed phantasms, filling the person afflicted with anxious thoughts and solitariness, being, as it were, ingulfed therein, with pensiveness, fury, or fever; some are afflicted with a deep sadness or pensiveness, without apparent cause, and a long continued silence, or else an incongruous talk at random of some particular thing. It is caused by a distemper of the animal spirits, hurt by a melancholy phantasm or vapour, made misty, opacous, thick, and dark, almost fixed and immoveable, and from thence it is that melancholy people are tenacious; for that all kinds of ob-

jects are fixed in their minds, according to the condition and quality of the depraved spirits; and this is acquired either from a default in the brain, declining from its genuine whiteness, and generating such like spirits, or from a default of the blood and vital spirits, or from some degenerate melancholy matter, as humour, vapour, or both, mingled with the blood and spirits. If it proceeds from the brain, it is known by sadness, fearfulness, hatred, and other strange imaginations; some think themselves beasts, some one thing, some another; some would kill themselves, others are afraid, some laugh, some weep, some prophesy, &c. which shews it is from melancholy blood.

The species or kinds of Melancholy are many, as first, that of the brain, when it declines in quality or substance from its purity and cleanness, which is known by a perpetual and vehement doting, arising either externally from strange fancy and imagination, as from fear, despair, and such like sad afflictions of the mind, which dry up the radical moisture, and cause cares, watchings, &c. or internally, from a melancholy humour gathered together in the head, either by some cold or dry matter left behind in the brain, after some hot distemper, the thinner part of the matter being resolved and gone; or from a melancholy habit and constitution, either hereditary from the parents blood, or from a cold and dry, or hot and dry disposition of body, causing either doting with laughter, or a dull slothfulness, or anger, discontent and peevishness.

Secondly,—Another kind of Melancholy is that of the whole body, the blood having acquired a melancholy habit, distributing the same to all the parts, and then to the brain; this is known because the dotage or delirium is indeed continual, but so that it is with some exasperations and remissions, with general signs of a melancholy habit.

Thirdly,—There is another sort of that distemper, called the Melancholy of the heart, when the vital spirits that are there bred, by reason of a cold and dry distemper, are made impure.

Fourthly,—There is that which is hypochondriacal, wherein melancholy juice, either cold and ferous, or adust and burnt in the branches of the *vena porta*, is gathered

thered together in the hypochondria, (which occasions the most common sort of Melancholy) from whence, time after time, black melancholy vapours are continually sent forth to corrupt the animal spirits in the brain; and this is known by its seizing the patient by intervals and at certain seasons, but in its approach, surprises without any notice, except by windy belchings and a pain distending the stomach, with anxiety of mind, difficulty of breathing, palpitation of the heart, immoveableness of the tongue, mists or darkness before the eyes, noise in the ears, and a stupidity or benumbedness in both arms. These melancholy vapours or humours, are transmitted from the hypochondria to the brain, either by the orifice of the stomach, as some imagine, or else by the branches of the *vena cava*, where they cloud and darken the spirits.

Fifthly,—There is Melancholy of the womb in women, which is discovered by a pain in the left side, and a manifest pulse and beating in the back near the *diaphragm*, being caused by stoppage of the courses, or other natural evacuations.

Sixthly—There is Melancholy from love, occasioned either from philters or love potions, or else from a lustful appetite, or desire of venery, caused from a hot constitution, and an over abundance of seed; in which case the fancy is not fixed upon one person, but the patient by fits delights to be in the company of men promiscuously, talks lewdly, and is ready to call them to her, though before and at other times, she is very chaste and modest.

But as the sort of Melancholy which generally afflicts people, is that of the hypochondres, it may not be amiss to say something more at large of its nature, and after that of its cause, before I come to shew the cure of it.

Hypochondriac Melancholy is a collection of the filthy and vicious humours in the branches of the *vena porta*, *celiacal* and *mesenterical* arteries, by reason of a fault of the concoction of the spleen, without putrefaction, thence sending many vapours, causing imminent symptoms. It is called hypochondriacal, because it possesses the place of both hypochondres, viz. that part of the body, which under the bastard or short ribs, reaches as

far as the loins, on both sides, comprehending with the muscles the bowels themselves, and called Melancholy, when the brain is affected by consent.

Those that are afflicted with the hypochondriac Melancholy, finds a rawness, windiness, sharp belchings, crudities, burning and pain of the stomach and sides, which are plucked upwards, and sometimes inflamed; the belly is bound, sleep little, and that with troublesome dreams, sadness, given to be thoughtful, idle, &c. These are the general symptoms, but the more particular ones, which people afflicted find more or less, according as they are of constitution, &c. are ranged as follows, viz.

I. Crudity of the stomach, so sower sometimes as to set the teeth on edge.

II. Pains in the stomach, reaching even to the back, and returning upon eating.

III. Costiveness of body, from a universal melancholy habit.

IV. An inflammation of the hypochondres, attended with redness of the cheeks, and sudden flushings in the face.

V. Urine sometimes thin and pale like water, and sometimes thick and troubled, with now and then a sediment of red sand.

VI. A motion of wind in the left hypochondre causing great pain.

VII. Anxiety, caused by wind distending the hypochondres, thereby causing a straitness in those parts, which have nerves from the sixth conjugation.

VIII. A palpitation of the heart, either from the malignity of the vapours in the part, or by consent of the stomach.

IX. A beating in the left hypochondre, caused either by the great pulsation of the *cæliacal* branch of the arteries after anger or violent motion, or by the compression of the arteries in the *mesentery*, by the glandules being more than ordinarily extended.

X. A dryness in the mouth, tongue, and palate, by reason of hot vapours ascending through the gullet and rough artery.

XI. A difficulty of breathing, both by reason of the affection of the nerves dedicated to the muscles of the breast,

breast, and of the affusion of evil matter into the spaces of the muscles.

XII. A perturbation of the brain from vapours resolved, which if they be obscure they darken the spirits, and cause melancholy dotage; if dry, an *Epilepsy* and watchings; and if many, the *Vertigo* and strangling, or stupidity.

These are the symptoms of hypochondriac Melancholy, but all of them are rarely to be seen in one person, the most certain symptoms that always attend, are gripings and wind in the bowels, a weak stomach, and sometimes a very keen one, costiveness, belchings, palpitation of the heart, perturbations of the head, and a disturbed or uneasy mind.

The symptoms being thus premised, let us now inquire more particularly after their cause. The first cause is a vicious acid in the stomach, enlarging the appetite, but unfit for digestion, hence ensues an acid crudity in the first passages, which depraves the crasis of the blood, prevents the due separation of the volatile spirits; upon which the lymphatic juice becomes acid, and the bilious juice inactive.

These are the sources of all the preceding symptoms, since wind, noise, griping in the guts, and costiveness, are the natural result of a viscous acid in the first passages; as flushings in the face, arising from its effervescence with the bile. The convulsions of the nervous membranes in several parts of the body, are the effects of its irritation; its crudity impairs the due fermentation of the blood, and causes a palpitation of the heart, and difficulty of breathing; it depraves the nutritious juice of the bowels, which settles into hard swellings, and occasions a degeneracy and austerity in the spirits; hence fear, melancholy, irregular thoughts, and uncouth emotions ensue.

The procatartic or remote causes that promote crudities, are acid liquors, or salt victuals, or such as are dried in smoak; both which partake of the acid spirit of salt or foot; want of motion to promote digestion, and the speedy assimilation of chyle; nocturnal study or care; exhausting the blood and rendering the lymphatic acid, which at length brings on a nervous *atrophy*, this disease being an enemy to the nervous system.

So

So much for the symptoms and causes of the hypochondriac disease, which is generally observed to happen in scorbutic bodies, and to people of the best sense and good understanding; it being seldom seen that fools and blockheads are troubled with that distemper.

This disease is truly difficult to cure, by reason of the mighty heap of symptoms that commonly attend persons afflicted with it. It is seldom mortal, but of very long continuance, sometimes lasting even the whole period of life, for which reason it is called *the disgrace of physicians*.

If it be attended with continual pain and giddiness of the head, it gives fears of the *Epilepsy*, *Apoplexy*, or Blindness. If it be accompanied with a moderate flux of the belly, (for it is good to be loose, bad to be costive) vomiting, or hemorrhoids, it is good; but if those fluxes continue long, it is dangerous. Sometimes the patient seems to be cured, and then in a few months it returns again. It is much easier cured if taken in the beginning, and happening to people neither in a full or declining age. Also men are easier cured than women. The fat and fair, than the lean and swarthy.

The cure of this distemper consists primarily and peculiarly, in opening of all obstructions in the stomach, bowels, and other passages, by which the digestions may be perfected, and good chyle assimilated. Secondly, in temperating the evil quality of the humours. Thirdly, in evacuating the morbid matter. Fourthly, in altering the habit of the body, and strengthening the weakened parts.

To accomplish these four intentions, authors prescribe more medicines than there are symptoms, and which for any one to follow, would rather perplex than profit. Some run altogether on steel courses, and prescribe them promiscuously to all. Others are much devoted to testaceous powders, which they call sweeteners. Others, again, to acids; and others, in opposition, to alkalies. Some are for volatile salts and spirits; others for fixed salts and cardiacs. Some highly applaud emetics; others condemn them, and cry up cathartics. Others are for alteratives; others for aperitives. And thus do they vary, as their opinions or inclinations lead them, without considering with that mature judgment they ought,

ought to weigh the nature of the disease, the neglect of which is the reason so few are cured, or so imperfectly relieved.

But as the whole cure of this distemper hinges upon the four points mentioned, when those points are maturely considered, and medicines accordingly adapted, it is not to be doubted, but the end will be accomplished: and to speak truly, I never found, where the patient was steady in the method prescribed him, but that in the end a cure was obtained.

To do this, I rely upon the two medicines following, viz. the *Hypochondriacum Digestivum*, and *Pulvis Corroborans*. The first answers the three first intentions of cure; and the second, the last. But as this disease is most commonly chronic and lasting, they must be taken for some time together, or else a cure cannot be expected, at least wise to be durable; it being the nature of it to return again, if the cause be not totally removed, and the tone of the parts fully recovered. Therefore, the patient is first to take the *Hypochondriacum Digestivum* for so long a time, as that he finds no remains of the disease, but is free in every respect from each particular symptom, and this he may expect to find in about five or six weeks time, if the disease be not very inveterate: and when the symptoms are off, he is to take the *Pulvis Corroborans*, to strengthen the tone of the parts, the crasis of the blood being beforehand brought to rights; and that he is to continue for about three, four, or five weeks, or longer, if he finds any remaining weakness, or other indisposition, to give him fear of a return of his illness.

The *Hypochondriacum Digestivum* is thus prepared.

Take Filings of Steel and Salt Armoniac, of each four Ounces; Powder the latter, and let the former be clean from Dust, and put them into a Sublimatory, and sublime according to Art; when the Glass is cold, open it, and dissolve the Sublimed Matter in as small a quantity of fair Water as will be sufficient to do it; when it is dissolved, filtre it, and precipitate the filtered Liquor, by dropping into it (gradatim and separately) Spirit of Salt Armoniac, and Oil of Tartar per deliquium, of each as much as you find sufficient; first a few Drops of one, and then of the other,

other, and so on alternately, till nothing further subsides; pour off the clear Liquor by inclination, and dry the Precipitate according to Art. To every Ounce of which, add an Ounce of Black Hellebore, prepared; Agaric, Diagrydium, of each six Drams; Lapis Lazuli, prepared, three Drams; make all into fine Powder, and mix them together very well, and keep it always close stopped for use. A Paper of this containing twenty-five Grains, is a Dose.

This *Hypochondriacum Digestivum*, is to be taken a paper at a time, containing twenty-five grains, every night and morning, in a glass of White Wine and Water, which will give one stool, or perhaps two in a day; but if that evacuation should be too much to hold it daily, for so long a time as mentioned, then take two thirds of a paper at a time, or but half a paper, according as you can bear it.

When you have done with that medicine as directed, you are to take the *Pulvis Corroborans*, one paper also at a time, every night and morning, mixed in the morning, in a glass of German Spaw-Water, drinking the remainder of the flask within the compass of an hour, or an hour and a half after it; and taking the Powder at night, in a glass of Red Wine and Water. This medicine has no evacuating operation, unless a little by urine; and is made as follows.

The *Pulvis Corroborans*.

Take of the best Salt Armoniac, and the finest Filings of Steel, purified, of each two Ounces; grind them gently on a Marble with a Mallet till they are fine, then put them into an earthen Still, and Sublime, first with a gentle Fire, then with a stronger, increasing the Fire by degrees; when all is Sublimed, break the Still, and keep the upper part of it that is White, to make a new Sublimation with fresh Filings; keep also the Yellow part, which is the Diaphoretic Flowers of Steel, then take out the Caput Mortuum in the bottom, and extract the Salt with Water, which purify by Solution, Filtration, and Coagulation; Powder the Coagulated Salt, and add to every Ounce of it, the best Oriental Pearl, prepared,
Powder

Powder of China Roots, of each half an Ounce; Red Coral, toasted Silk, of each three Drams; Galengal, Zedoary, Cloves, Nutmegs, Cinnamon, Xyloaloes, Ginger, Red Roses, of each a Dram and a half; Mace, Spodium, Indian Spikenard, Storax, Cardamoms, Myrtle-Berries, long Pepper, of each a Dram; Marjoram, Costmary, Basil, of each four Scruples; Alkermes Berries, two Drams; Powder all very fine, and keep it close stopp'd for use. The Dose is two Scruples in the Vehicle before-mentioned.

You may go abroad with these medicines, and by all means should use exercise, during the whole time of your taking them; and none like that of the horse, to ride every forenoon, about two hours after rising, for an hour or two, which procures you an appetite to your dinner; and to ride again about two hours after dinner, for about two hours more, which facilitates digestion, and besides that, will, by the shaking, stir up for natural evacuations those stagnating juices which would otherwise subside. But by riding, I do not mean you must ride hard, either to tire or sweat, but *ad ruborem sed non sudorem*, and so as to be as easy and lightsome when you get off your horse, as when you got on. You may eat fresh meat, and that heartily; all sorts of herbs, fruits, or the like, that are agreeable; and drink now and then, a glass, two, or three, of wine, such as *Florence, Vienna, Portugal, or French* wine; and for your constant drink, must take wine and water, instead of malt liquors; all which, if you observe, and also follow your medicines and riding daily, as directed, the cure will certainly be soon effected, and the humours will begin to be moved off in about a week or ten days after you have entered the course. By this means I have cured many, and some whose cases were very inveterate, and as believed by those they had before applied to for help, incurable. I could give instances of several with their names; but the former being inconsistent with the designed brevity of this treatise, and being prohibited the latter, I shall only insert one case, and conclude this Section.

A gentleman,

A gentleman, highly scorbutic, fell into a Melancholy, with pains in the hypochondria, which afflicting him for a long time, vitiated all the juices of his body, and wholly subverted the concoctions, insomuch, that he had most of the worst symptoms mentioned to attend that distemper; as flushing heats, pains in the head, wind, belchings, tremblings, horrors, frights, and the like; for which he had purged times without number, bled, and taken antiscorbutics of all kinds, with all the testaceous powders, which are reckoned sweeteners: had passed through long courses of steel, drank all sorts of mineral waters: had suffered the pittance of setons, issues, blisters, and cuppings, to ease the head, which used very much to be disordered: till at length, being quite tired out by his disease and medicines, he resolved to desist, and as patiently as he could, wait for his appointed departure, which he was certain to himself could not be long, his illness being such, as nature, to his thinking, could not long subsist under. Thus being in a manner quite worn out, and lamenting his hard fortune to a friend that came to see him, who had been my patient, he told him what I had done for him and others in distempers of the head, and advised him to consult me, which he did; and whom, as soon as ever I had heard his complaints, I told he would certainly be well, if he would observe the rules I should prescribe him, which he heartily promised; the news of having his health again being such, as would make him do, he said, any thing. I forthwith began with him, and gave him the very medicines I have prescribed, in the order I have before spoken of, with directions for him to ride on horseback twice every day, for two hours each time, which he did, and with that wonderful success, that by his medicines and exercise, in less than four months time, he recovered from all his indispositions, and attained a strong, lively, and brisk habit of body.

SECTION XXXIII.

OF VAPOURS OR HYSTERIC FITS; THEIR REAL CAUSE AND CURE.

WHAT I have said in the Section before of Hypochondriac Melancholy, gives some idea of the distemper I am now about to speak of; though I am not of the opinion of *Sylvius* and *Willis*, who allege, that the difference between them is so little, that they are taken to be one and the same. I am not of their opinion, because the same medicines that cure the one, have no effect on the other; and that because they affect different sexes from different causes; though I must allow, that there is an analogy between them in some symptoms, and from some causes, but yet so far from being general, that it is but in some few particulars: the symptoms of Vapours or Hysteric Diseases, being incident to the Female Sex chiefly, in the manner Men cannot have them, and are so numerous, that a day will scarce be sufficient to reckon them up.

Democritus, in an epistle to *Hippocrates*, said, *That the womb was the cause of six hundred miseries, and of innumerable calamities*, and among them reckons Hysteric Fits or Vapours; whence it is plain, he concludes, that they arise from a distemperature of the womb, which I shall explain hereafter.

The Vapours or Hysteric Fits, together with the Hypochondriac Disease, are the most frequent of all chronic distempers. The Vapours few women are free from, more or less: and those men that lead sedentary lives, and study hard, &c. are commonly afflicted with Hypochondriac Melancholy.

The Vapours or Hysteric Fits, are not only frequent to women, but are so wonderfully various, that they resemble almost all the diseases poor mortals are subject to: for whatever parts they seat themselves in, they presently produce such symptoms as belong to those

A a

parts

parts when primarily affected with a real distemper. As for instance, if the Vapours seize the head, they produce some disorder or other there; or if the spirits, some violent commotions of mind are presently occasioned, and so of the rest.

This distemper is called the Hysterical or Uterine Passion, because the authors that first wrote about it, thought that the womb was principally affected in it, by reason it commonly invaded maids, married women, and widows, both old and young, which opinion is not fully agreed to; though we cannot but say, it is formed and sustained by a fault that is in the womb, as well as the other viscera, which the curing it by medicines adapted to the womb demonstrates; yet it principally proceeds from a fault in the blood and spirits, injured by bad humours, from cold, ill food, trash, and the like, which stagnating by the patient's sedentary or idle life, depraves the blood, and gives it a bad disposition, able to produce the Hysterical Passion; of which, by treating, we mean not one, but a whole army of distempers, at least in outward shew; it being a disease that produces head-achs, giddiness, convulsive motions, palpitations of the heart, rumblings and agitations of the stomach and guts, difficulty of breathing, hickup, loss of senses, both external and internal, by which physicians speak of them under divers heads, though they be from one and the same cause.

This distemper, called Vapours or Hysterical Passion in women, is not always attended with the same number of symptoms; nor are the symptoms the same, or equally violent in all; for in some the suffocation and difficulty of breathing are but slight, in others very severe: therefore in describing the symptoms, it is not to be understood that they are less the Vapours, because they have not all of them; for some feel the symptoms as aforesaid in the head; and there is giddiness, swimming, pain, and the like. In others, the vital parts are affected, which occasions so great a palpitation of the heart, that the patient verily believes, the bystanders may hear the sound of the heart thumping upon the ribs. Some it affects so, as to cause coughing without intermission, but they expectorate nothing. Sometimes the vapoury humours fall upon the parts between the
stomach

stomach and bowels, and occasion violent pain, much like the *Iliac Passion*, and cause the woman to vomit a green matter like porraceous bile. Sometimes the spirits are so seized, that the patient is oppressed with great anguish of mind, and wholly despairs of recovery, with dejections, and as it were a certain desperation. Sometimes this disease falls upon the kidneys, and causes pain like the stone, or stone-cholic. Sometimes it falls on the bladder, (though seldom) and stops the urine, as if there was a stone there. Sometimes it falls upon the stomach, and causes continual vomiting; and sometimes upon the bowels, and then a looseness follows. But generally no pain accompanies either of these symptoms; though oftentimes in both, the green humour aforementioned, appears either by vomit or stool.

And as this disease afflicts almost all the inward parts, so sometimes it seizes all the outward parts and muscular flesh, occasioning pain, and sometimes a tumour in the jaws, shoulders, hands, thighs, and legs; of which kind that tumour which swells the legs is more conspicuous than the rest. But these pains and swellings afflicting the outward parts, chiefly seize those women, that are in a manner quite destroyed by a long series and force of the vapours.

But amongst all the torments of this disease, there is none so common as a pain in the back, which most certainly all women feel, how little soever they are afflicted with the Vapours. It is also common, that after the pains are gone off, there is such a stiffness of the parts, or numbness or foreness, as if beaten, so that the patient cannot bear to have the places touched: but this tenderness goes off by degrees. And this amongst the rest is worth observing, that all Hysteric women complain of a dejection and sinking of the spirits; who, when they would shew the place where the sinking of the spirits is, point to the region of the lungs.

Yet, of all the symptoms that attend this disease, nothing is more common or inseparable, and more shews the patient to be troubled with Vapours, than that their urine is as clear as rock-water, and comes away, when they make it, in a plentiful quantity, especially when they have just before found themselves faint, ill,

or sickish. Moreover, women much troubled with Vapours, belch up ill fumes as often as they eat, though they only eat moderately, and as they have an appetite. Also they sometimes in their fits laugh exceedingly, and sometimes cry as much, without any real cause for either.

The efficient cause of this disease, in my opinion, proceeds from a confusion of the spirits; the origin, and antecedent cause of which confusion, is the weak constitution of the spirits and *genus nervosum*; and that weak constitution injured, as before said, is the cause of the many symptoms that are attending, as we have in somewhat particular terms enumerated.

As to the prognostics, this disease seldom kills the patient; yet sometimes it snatches them away, when the fit is intense, and lasts very long, or else draws in an apoplexy or syncope.

Of the several degrees of the Vapours or Hysterical Fits, that is the worst in which many parts suffer convulsions, and the exercise of the senses is interrupted; but that is slighter, where the mind is untouched, or the right use of it not taken away, and but one or two parts are convulsed, especially if the vital functions remain entire. In ancient people it is hardly curable, because in them the habit is contracted. In young women it sometimes ceases of itself, as they grow in years, or when they begin to have children. Hysterical Fits are dangerous to women with child, and in child-bed; to the first, for fear of miscarrying; and to the last, by reason of their weakness got in labour.

The cure of the Vapours is twofold; in the fit, especially when it is violent and of long duration; and out of the fit, to prevent their coming again. Authors, to bring the patient out of the fit, advise hard rubbing in the lower parts, and scarification in the hips: they recommend likewise the pulling out the hairs, the twisting of the fingers, the putting to the nose fetid things, as *asafoetida*, *galbanum*, feathers or leather burnt, brimstone lighted, the smoke of tobacco, spirit or salt of hartshorn, armoniac, sharp snuff of white hellebore, euphorbium, or the like; some of which have done, and may do good, when the fit is not very extreme: but in all cases of desperation, and also where the fit is
not

not very violent, (because the sooner the patient is brought out of the fit the better) I use the Apoplectic Species, prescribed in Section XXVII. foregoing, blowing a little of it up each nostril, which instantly brings the patient to herself, that she is not so fatigued, nor her spirits so worn or spent, as they generally are if the fit continues for a long time. This, and this alone, I have used times without number, with all the success imaginable, and therefore can and do, with the more freedom, recommend it; it being, I believe, the only thing to save life, where there is danger, in any sudden fit of any kind, in old or young. Indeed the ingenious Dr. HENRY BROWNE of London, has done wonderful cures in these terrible disorders.

I was once called to a lady, taken of a sudden with a fit of the Vapours, which she had been many years subject to, though nothing near so violent as then: several surgeons were instantly called, as well as neighbours and friends, who when they came, thought she was dying; some that she was dead, no life or breath, to appearance, being left. The surgeons bled her, used oil of amber, spirit of hartshorn, and the like; but nothing moved her. I came after she was blooded, and seeing her case, and the consternation all about her were in, immediately blew up into each nostril, with a quill, some of the said Apoplectic Species, which, as well as quills for that purpose, I had about me. It was not the tenth part of a minute after its use, but she began to snort, and a little while after to sneeze, which brought her to herself forthwith, though she had been almost an hour lifeless to all appearance, and reported about to be dead. After that, I was desired to give her what I judged proper to prevent those fits for the future, which I did, as I shall presently relate, and she never had any since, it being now three years ago; though she was before, many times in a year, subject to fits of the Vapours, more or less.

Entirely to cure Vapours or Hysterick Fits, authors direct long courses of many and various medicines, and advise outward as well as inward applications, which I have observed very frequently, to do more harm than good. But I take these authors to be wrong in their fundamentals; I mean as to the causes of the disease; for if it proceeds from what I have a little before given

my opinion it does, a few medicines rightly adapted, will cure it. And that the disease does proceed from those causes is evident, by the success of the medicine I give, which indeed is but one, though compounded of several ingredients, and that made up into pills, which I call, and rightly too, the Vapour Pills. For if a dose or two of them be but taken, where there are any symptoms of the fits approaching, or where there is any perturbation of the spirits, they immediately dispel all those fuliginous vapours, and raise the faint, depressed spirits, giving them such a turn, that the patient is as brisk and well, as if nothing at all had afflicted her: and if they be taken continually, three at night, and three every morning, for some time, they not only regulate and clear the spirits, but amend and purify the blood, and bring it to a due crasis: though in constitutions much debilitated by the length of the disease, I advise with them the German Spa Waters, a flask every day, which, by diluting and washing off the peccant salts in the blood, give the Vapour Pills the better room to extend their efficacy; that by them, and the other good qualities of that famed mineral water, the patient amends every day, getting health and strength apace. For these Pills powerfully regulate the spirits, and strengthen them and the *genus nervosum*, keep up the appetite, rectify the blood, confirm its tone, and do all that is requisite to cure the distemper: there not being, I think I may be bold to say, a better medicine, or any other method to be advised, to cure that disease so easily, expeditiously, and certainly; they making the mind easy, the head lightsome, the spirits active, and in short, render the whole body so lively, tranquil, and free from all inquietudes and interruptions, that the patient becomes a new person to herself and all about her, so that they will scarcely believe her to be the same.

The Vapour Pills.

Take Winters Bark, Zedoary Roots, Galengal, and Cloves, of each an Ounce and a half; Cinnamon and Gentian Roots, of each six Drams; Horse-raddish Roots, three Ounces; Mustard Seed, two Ounces; Calamint, Wormwood, Camomile Flowers, of each a Handful; bruse all very small, and digest them for a Week in a Decoction

Decoction of White Tartar and White Wine, of each a Quart, in a Sand Heat, the Digesting Glass being close luted; at the end of the Time, let it Cool, and then open the Glass, and press out the Liquor strongly from the Ingredients in a Press; and to the Liquor, first put into a clean digesting Glass, add of the best Myrrh in Powder, one Ounce; Gum Ammoniacum, half an Ounce; Galbanum, one Ounce; Asafœtida, half an Ounce; evaporate in a moderate Heat, to the Consistency of a thin Extract: to which add, when it is cold, Russia Castor in fine Powder, one Ounce; Camphire rubbed fine, with a few Drops of Oil of Almonds, half an Ounce; Agnus Castus Seeds in fine Powder, Three Drams; Salt of Amber, half an Ounce; Flowers of Salt Armoniac martiated and Ens Veneris, of each an Ounce and a half; Volatile Salt of Hartshorn, half an Ounce; Oil of Amber, three Drams; mix all together very well in a mortar, till they come to a proper Consistency of a Mass for Pills, which will be upon beating them for a little while together, and is then ready for Use. Three Pills about the bigness of a large white Pea each, are a Dose.

The happy effects of these Vapour Pills, which never purge or disorder the body in the least, I found in a late patient, who was so extremely overwhelmed with the Vapours, that she was never well, either in the mind or body, nor free from them a-day together. Sometimes she would have flushing heats in her hands and face, at othertimes cold sweats, at other times a trembling all over her, with weakness in her limbs that she could scarce walk. Sometimes pains in her head that she could not rise from her pillow all day. Other times she would fall into cryings, fears, dreads, and ruminate on a thousand dismal things. Sometimes she would call out for help, for that she was dying and could not live a minute, and would be in a rage with those that told her there was no danger. Sometimes she would foolishly laugh at nothing all of a sudden, and presently after cry. Sometimes rave, scold, and be angry at every thing. Sometimes she would be mute, and not speak a word, nor eat or drink. In this condition, which was very unhappy to all about her, as well as to herself, she took advice of many, and was, as she hoped,

hoped, sometimes better; but her going through so many courses for a long time to so little benefit, tired out her husband's purse, as well as her own person, in so much, that they resolved to leave off and see what nature would do, which alas! was too feeble to struggle through her difficulties; which they seeing, and, by means of a certain lady whom I had before cured, hearing of the Vapour Pills, she came, as she said, to talk with me, despairing through her whole discourse of any help. I ordered her to take the Vapour Pills, which she did with reluctance, not believing they would do her any good, and to drink the German Spa Water with them, which by her friends persuasions she consented to do, and in less than three weeks time, contrary to her faith, she grew so well, that in her own opinion she then believed she should be cured. I advised her to proceed in the course, which was nothing more than to take three of the Vapour Pills every night and morning, and an hour after the morning dose to drink a flask of German Spa Water, taking two hours time for the drinking it, by moderate draughts (which is much better than to drink it too quick or too much at a draught) which she did as I directed, and used at the same time moderate exercise of walking, and riding in a chaise, as I advised, for about nine weeks, in which time she was perfectly recovered, and was, and is at the writing of this, as completely well as if she had never been ill. And this these Vapour Pills do, and though they keep the body gently soluble, yet comfort and strengthen the spirits and vitals, being certainly the greatest alterative, reviving, refreshing, medicine in those cases, that is known.

I could give divers other instances of the great effect of the prescriptions in the foregoing work; but it would over-swell the magnitude of the book. I shall therefore proceed with the disorders incident to children.

There are very few cases in which either of the Prescriptions will not prove effectual, and I have prescribed various forms, that nothing may be wanting to make this book complete.

ON THE
DISEASES OF INFANTS.

SECTION XXXIV.

OF DISEASES OF INFANTS FROM THEIR BIRTH,
TILL FOUR OR FIVE YEARS OF AGE.

IT is proper immediately after children are born, to search narrowly whether they have received any injury, either in the womb, or in the delivery itself.

Bruises in the head, or elsewhere, occasioned by the rough treatment of the midwife, and *Swellings*, occasioned by a pressure against the internal orifice, may be cured or discluded by the following Mixture.

Take camphorated Spirit of Wine and Oil of Sweet Almonds, of each two Drams; compound Spirit of Lavender, half a Dram: mix. Let the injured part be frequently anointed therewith. It may also be now and then fomented with warm Milk. But if the swelling tends to suppuration, it ought to be immediately forwarded with Mucilage Plaister, Diachylon with Gum, or a Poultice of Bread and Milk. And after the discharge of matter, use *Arcæus's Liniment*, warm, and mixed with a little *Peruvian Balsam*, for the Dressings, covering them with a simple Diachylon Plaister.

When a *Bruise* happens in the *Scrotum*, it should be frequently fomented with this Decoction.

Take Pomegranate Peel and Balauſtine Flowers, of each one Dram; Flowers of red Roses and Melilot, of each a Handful: boil them a little in eight Ounces of red Wine, and strain for Use.

A *Fracture* or *Dislocation* in infants, must be treated by a surgeon, as in adults. For internals, when the injury is great, a little Syrup of *Rhubarb* may be serviceable, with now and then a small Spoonful of Sack.

When

When the *Breasts* of an infant are *swelled*, and seem to contain *Milk*, part of the humours should be gently pressed out with the fingers, and the rest repelled by a *Diachylon Plaster*, or the Mixture of *Poppies* and *White Ointment*, assisted with a gentle swathing up of the part.

When a child is so *weak* and *faint* upon delivery, as to seem hardly alive, he must be wrapped in Flannel, directly after the cleansing; and a little *warm Wine* should be poured down the throat, or spurted up the nostrils. A brisk motion of the whole child, or a smart stroke upon the buttocks, may be also serviceable. If these fail, a little Spirit of Hartshorn may be applied to the nose. When the child is brought to himself, yet still continues weak, give him first a Purge or two of *Rhubarb*, about four Grains at a Dose; and then continue for some time a Paper of the following Powder, two or three times a-day, with a Spoonful of the Julep after it.

Take simple Powder of Crabs Claws, two Drams; fine Chalk and Oyster Shells, of each one Dram; Powder of red Rose Flowers, two Scruples; best Cinnamon, one Scruple: mix, and make fifteen Papers.

For the Julep,

Take Black Cherry Water, six Ounces; strong Cinnamon Water, two Ounces; Syrup of Citron Peels, one Ounce and a half; Confection of Kermes, two Drams: mix. Let a Spoonful at a time be often given between the Powders.

Some use only *compound Powder of Crabs Claws*, vulgarly called *Gascoign's Powder*, about five, six, or seven Grains at a time, in a little thin *Hartshorn Drink*, for almost all diseases of their children; and it is, in reality, an excellent preparation. But as this Powder is very liable to be counterfeited, I would advise all women to be careful where they buy it.

Vomiting in children, when violent, and of long standing (for otherwise it is not dangerous), may be cured likewise by a Dose or two of *Rhubarb*, and a free use of the

the following testaceous Mixture, one Spoonful at a time.

Take *Mint and small Cinnamon Waters*, of each two Ounces; *compound Piony Water*, six Drams; *levigated Chalk and simple Preparation of Crabs Claws*, of each one Dram and a half; *Syrup of Citron Peels*, six Drams: mix. At the same time while this is taking, spread a little of the *majesterial Stomach Plaister* upon Leather, and rub it over with *Oil of Nutmeg by Expression*, which apply to the Stomach. And when the child is very restless, fifteen Drops of *Sydenham's Liquid Laudanum* may be added to the whole quantity of the Mixture above, or fewer in proportion to the remaining quantity.

OF THE GRIPES.

The *Gripes* in children sometimes prove so violent, as to throw them into universal convulsions, or to cause what is called a convulsion of the bowels. When the diet is suspected to cause this disorder, it is usual to boil *Carraway Seeds* and *Laurel Leaves* along with the *Panada*, or to mix with it a little *Wine or Brandy*. If the meconium has not been duly purged away, five Grains of *Rhubarb* should be given twice a-week, till the bowels are evacuated; or a little *Oil of Sweet Almonds*, and *Syrup of Violets*, where the infant is weak. When the taking in too much Milk is suspected to be the cause, let it be debarred the nipple a short time, and in the mean while exhibiting the following Mixture.

Take *Syrups of Peach Blossoms, and Rhubarb*, of each half an Ounce; *Oil of Aniseed*, two Drops: mix. Let a small Spoonful of this be given occasionally, while the symptoms last.

When the curdling of the milk causes the *Gripes*, proceed as follows.

Take *Rhubarb powdered fine, and Magnesia Alba*, of each ten Grains; *Oil of Aniseed*, one Drop: mix. Give half
this

this for a Purge in a Spoonful of the mother's Milk, and repeat the Dose two or three times, if there be occasion.

Afterwards,

Take simple Powder of Crabs Claws, one Dram; fine Chalk, half a Dram; Preparations of Pearls and red Coral, of each one Scruple: mix, and divide into six Papers. Let one of these be taken three or four times a-day, drinking after it two Spoonful of the following Julep.

Take Black Cherry and Mint Waters, of each two Ounces; compound Piony Water, one Ounce; Syrup of Coral, six Drams; Preparation of Pearls, one Dram: mix.

When worms are the cause of Gripes, the readiest way to remove them is by giving *Æthiop's Mineral* and *Rhubarb*, mixed in equal quantities, about five Grains at a time, twice a-day. If wind be the cause, the belly of the child may be anointed with a Mixture of two Parts *Oil of Sweet Almonds*, and one part *French Brandy*; wrapping the part up warm afterwards, with a Flannel.

A *Looseness* in young children ought not to be checked, unless when it becomes violent, or continues too long. Then, in order to stop it, give the foregoing Purge of *Rhubarb* and *Oil of Aniseed*, for two or three days together, exhibiting a small Spoonful of the following Mixture after every stool.

Take small Cinnamon Water, and Alexiterial Milk Water, of each one Ounce and a half; compound Piony Water, half an Ounce; Diascordium, without Honey, one Dram; Spirit of Hartshorn, twenty Drops.

The symptoms of *cutting Teeth* generally begin about the fifth or sixth month, at which time some of the fore teeth arise, and occasion great pain, or even convulsions. Children have then commonly an itching, heat, pain, and swelling in the gums; their spittle rises much; they are restless and feverish, sometimes loose, and sometimes costive. A few days before any tooth is cut,

cut, the gum immediately above it appears thin and whitish, its sides being swelled and inflamed. Children of gross habit, and who breed their teeth with costiveness, are generally in most danger. The following Mixture, given occasionally, will mitigate the pain during the cutting of teeth.

Take Black Cherry Water, two Ounces; compound Piony Water, two Drams; best levigated Chalk, and simple Preparation of Crabs Claws, of each one Dram; Confection of Kermes, two Scruples; Sydenham's Liquid Laudanum, fifteen Drops: mix. Let one Spoonful be given at a time, when the child is very restless.

Those little ulcerous eruptions in the mouth called the *Thrush*, which sometimes appear early, and sometimes not till the third or fourth year, are accounted dangerous when joined with a fever, and are always troublesome. The child here should be kept moderately cool, as in a common fever, and a small Blister may be applied to the neck, if the disorder be great. In the meantime, use the following Julep.

Take Black Cherry Water, four Ounces; Treacle Water, one Ounce; Lemon Juice, six Drams; Spirit of Sweet Nitre and Sal Volatile Oleosum, of each fifteen Drops: mix. Give a Spoonful or two every third or fourth hour.

The use of the testaceous Powders, such as *Pearls, Coral, Crabs Eyes, and Crabs Claws*, should be forborn when the mouth is very ulcerous. *Syrup of Saffron and Treacle Water*, moderately used, make a good medicine when the child is very young. In the meantime, let the ulcers in the mouth be cleansed with the following Gargle.

Take Barley Decoction, three Ounces; best Vinegar, one Ounce: Syrup of Mulberries, six Drams: mix. This should be used twice or thrice a day, with a soft Linen Rag, or the nurse's finger. But if the ulcers are very foul, mix *Mel Rosatum, half an Ounce, with three Drops of Oil of Vitriol*, and touch the Parts.

Coughing, crying, violent motion, and tight swathing, are apt to cause *Ruptures* in the tender bodies of infants.

infants. Sometimes the navel-string falls off too soon, blood flows, the intestines fall out, all from the same causes. In the latter case, care must be taken that the bowels be not entangled, when replaced. While the rupture is fresh, it may be remedied by the constant wearing of a Truss, made for that purpose. Astringent Fomentations, made of *Pomegranate Peels, Balaustine and red Rose Flowers, boiled in Lime-water, and mixed with red Wine*, may be used after the intestines are replaced, which should be immediately done. Small ruptures in the groin and privities, happening frequently in children, are usually cured with small difficulty, by only Plaisters and Bandages: but when they continue obstinate, the child should be kept in the cradle, as quiet as possible. When there is a gathering of Water, it should be discussed with the following Fomentation frequently used.

Take Leaves of Rosemary, common Wormwood, Marjoram, and Rue, of each half a Handful; Lavender Flowers, a Handful: boil them a little while in a sufficient Quantity of Spring-water. To ten Ounces of the strained Decoction add, camphorated Spirit of Wine and Hungary Water, of each one Ounce: mix.

When the swelling is pretty well discussed, it will be proper to use the Astringent Fomentation before mentioned. And for an internal, during the cure, the following Julep.

Take Parsley Water, four Ounces; compound Horse-Radish-Water, and White Wine, of each one Ounce; Syrup of Marsh-mallows, six Drams; Spirit of Sweet Nitre, half a Dram: mix. Let two Spoonful at a time be given often.

When the *Sutures*, or joining seams of the head continue long too open, it is thought a bad sign. In this case, it is usual to rub the head often with a little warm *Rum* or *Brandy*, mixed with the *White of an Egg*, and *Palm Oil*; a red Cloth being constantly worn over the part. But when this disorder proceeds from a collection of Water in the head, it must be cured by *Issues* in the neck, *perpetual Blisters*, and *Purgatives*. A purgative Diet Drink may be made of *Rhubarb* and *Sweet Fennel Seeds*, to be drank daily. When there is a disorder directly

rectly opposite to this, called *Head Mould-Shot*, which signifies a too close locking of the futures, it is usually left to nature, as admitting of no help from medicines.

Inflammations and *Raviness* in young children, where-ever situated, are usually washed with warm *Water*, twice or thrice a-day, and then anointed with *Fullers Earth*, dissolved in the *Yolk of an Egg*. But where the disorder is considerable, it is proper to foment the parts with *white Troches of Rhafis*, dissolved in *Plantain Water*; also to keep them dry, and prevent their rubbing, by the interposition of fine Linen Rags, with a little *drying red Ointment*, or *Ointment of Pompholyx*, spread thin thereon.

Breakings-out in children, when they are superficial, contain a thin yellow matter, and leave the skin beneath red when the scabs fall off, are rather salutary than hurtful. It is customary, however, to purge with a few Grains of *Rhubarb*, and anoint the *Pustules* with *Cream*, or *Oil of Almonds*, or *Extract of Saturn*, commonly called *Goulard*. A little *Basilicon* likewise, spread thin upon Linen, has been found useful; and the body should be kept open. But when these cases grow inveterate and stubborn, there can be no safer method than a course of *Æthiop's Mineral* and *Rhubarb*, according to the directions in the article concerning women.

When the *Milk* of the mother, or nurse, has a manifest ill effect on the child, it is proper to wean him, or put him elsewhere. It is usually required in a good nurse, that she should be under thirty-five, have a cheerful temper, clear skin, sweet breath, and be every way healthful: that her husband should also be healthy; that should have had more than one child, and have laid in of her last at least six weeks: her breasts should be large, full, soft, free from lumps, or any particular hardness; her milk not wheyish or blue, but of a thick consistence, white and sweet tasted. These precautions should be observed, when any other nurse than the mother is found necessary; though without great necessity, I would by no means advise the putting out of a child.

The *Rickets* is a disorder of the bones of children, causing a bunching-out, or crookedness thereof. It may be occasioned by swathing a child too tight in some places, and too loose in others; by placing him in an inconvenient, or too often in the same posture; suffer-

ing him to be long wet; not giving him proper motion, or using him to one arm only. It may also be owing to the parents, or some defect in the digestive faculty, or a viscidness of the blood. But the most evident cause of the Rickets, is the violence done to the body by pressure, or swathing, while the bones are but in a cartilaginous state. Add to this, external injury by falls, blows, dislocations, or fractures, which species sometimes brings on an asthma, consumption, or crookedness of the back.

A child is supposed ricketty, who talks before he makes use of his legs. Upon the first appearance of this disease, which usually happens between the eighth month and fifth year of his age, the part it affects grows flaccid and weak; the child becomes pale, sickly, slothful, and loses the use of his feet, though he had it before; his head grows too large for the trunk, and cannot be managed by the muscles of the neck; knotty excrescences appear in the wrists, ancles, and tops of the ribs; the bones of the legs and thighs become crooked, which makes his motion disagreeable; and sometimes the arms also are distorted, and appear knotty. If these symptoms continue long, a difficulty of breathing, cough, and hysteric fever come on; the belly swells, the pulse grows weak, and the child's life is in danger.

The Rickets is most commonly cured, when taken in time, and while the child is very young. But if it continues long, the patient generally becomes a dwarf, and is sickly or phthifical during his own life, especially if the back be any way affected. Sprightliness and breakings-out of the skin, are good signs in this distemper.

A ricketty child should be used to motion, and kept as much as possible in a posture opposite to that which his bones are inclined to. Swinging, rocking, and the like, are very good. A clear warm air is very useful; as is the keeping him from any external moisture. In young children, the use of Bolsters or Bandages, suited to the parts affected, often make a cure alone. But when the bones are grown tougher, other contrivances as padding, straight boots, machines of pasteboard, whalebone, or tin, are usually found necessary. It is thought serviceable,

serviceable, before the distemper is confirmed, to plunge the child two or three times every morning in a tub of cold Water, during the months of *May* and *June* especially. After being taken out the last time, he is to be well dried, and put immediately into his bed or cradle, there to sweat freely for an hour or more, as his strength will bear; and when he grows cool again, he may be taken up and shifted. His back-bone also, and joints, may every night be anointed before the fire, with the *White of an Egg*, beat into a Water with a Whisk or Spoon; or with a Liniment of *Rum* and *Palm Oil*. It is usual likewise to apply a Plaister of *Minium* and *Oxycroceum* along his back, and to rub him all over before the fire, but mostly the parts affected, with a dry Linen Cloth. The *Oil of Snails*, which is only what drops from them when they are bruised and hung up in a flannel bag, is a famous medicine for anointing of the limbs with, especially those which are distorted. But perhaps nothing can exceed the following Liniment and Plaister; the former for anointing the Joints, and principal parts affected, with a warm hand, once or twice a day; and the latter for applying to the back, or to any particular part, being spread upon leather.

Take Nerve Ointment, with Oils of Palm and Bays, of each one Ounce; Balsam of Peru, and Oil of Nutmeg by Expression, of each two Drams; Oil of Cloves and chemical Oil of Amber, of each ten Drops; compound Spirit of Lavender, one Ounce; Spirit of Sal Armoniac, two Drams: mix for a Liniment.

Take Plaisters of Cummin, brown Minium, add Her-niam and Oxycroceum, of each half an Ounce; Balsam of Peru, one Dram; Powder of red Rose Flowers, and Armenian Bole, of each half an Ounce; Oils of Amber and Camphire, of each one Dram; Oil of Parsley, enough to make a Consistence for a Plaister.

When the distemper seems fixed and obstinate, Issues may be cut in the arms or neck, especially if the head be large, and the child of a gross habit. And during the use of externals, the following gentle Purgative

may be given, in order to purge the passages, which in this distemper are generally clogged and obstructed.

Take pectoral Decoction, one Ounce; Manna and Syrup of Rhubarb, of each two Drams; Sal Volatile Olcosum, ten Drops: mix for a Draught, to be taken in the morning.

But in case of worms, watry humours, or a large head, the following seems more peculiarly suitable.

Take Powders of Rhubarb, Sena compound, Æthiop's Mineral, and Cream of Tartar, of each six Grains; Calomel, five Grains; Resin of Jalap, three Grains; Oil of Aniseed, one Drop: mix. Give it in a Spoonful of common Pap.

After the use of Evacuations, a course of *Milk* wherein *Garden Snails* have been boiled, has been found excellent, especially where there is a tendency to a consumption. A quarter of a Pint of Milk thus boiled, with an Ounce of Snails, is sufficient for a child of two years old. It should be taken every morning and evening, and continued for some months. A *Syrup of Turnips* also may be made by boiling up the clarified Juice with Sugar, which may be taken to advantage, a Spoonful or two at a time. And the following Infusion, where any thing purgative is requisite, which is frequent in young children, may be highly serviceable.

Take Rhubarb and Liquorice, cut small, of each two Drams; Tarmarisk Bark, Capers, and sweet Fennel-seed bruised, of each one Dram; Mace, one Scruple; Raisins of the Sun stoned, an Ounce and a half; small Ale, a Pint and a half: Infuse them together for twenty-four hours; then strain off for Use. Three or four Spoonful of this may be taken twice a-day, by a child of two years old, and in proportion by others. But in consumptive and hectic constitutions, the following Diet Drink has been found preferable.

*Take Ash Bark, Tarmarisk, Polypody of the Oak, Shavings of Hartshorn and Ivory, of each one Ounce;
greater*

greater Comfrey Root, two Ounces: Boil them in two Gallons of small Ale; then strain, and to a Gallon and a half of the Decoction, add Dead Nettle Flowers, Mal-low Leaves, Harts-Tongue, of each two Handfuls; Aniseed and Corriander-Seed, of each three Drams; Live Wood-Lice, bruised, and Raisins of the Sun, stoned, of each half a Pound: Boil the whole again, then strain, and let the clear liquor be for the child's common drink.

I shall conclude this Section with the mention of only one Powder and Julep, which have together been found serviceable in the Rickets, and may be given at any time of the disease, after the use of proper evacuations.

Take Milk of Sulphur, one Dram; Wood-Lice Powder, Preparation of Earth-Worms, and Ens Veneris, of each one Scruple: mix. Divide this powder into six papers, of which one is sufficient for a child of two years old. They may be taken twice a-day, drinking after each two spoonsful of the Julep, which is thus made:

Take sweet Fennel and Parsley-Water, of each three Ounces; strong Snail-Water, two Ounces; Syrup of Marsh-Mallows, one Ounce; Tincture of Saffron, and compound Spirit of Lavender, of each two Drams: mix. Two spoonsful of this may be given at pleasure, between the powders.

S E C T I O N XXXV.

THE HOOPING-COUGH.

THIS disease rarely affects adults, and seldom even infants, but when it becomes epidemical.

This violent disorder is caused by a great quantity of thick phlegm, lodged in the bronchia and lungs, which irritates the nerves, to promote its expulsion by coughing; and if it sticks so close, that it cannot be easily expectorated, it strains the infants to such a degree, as to throw them into convulsions. The phlegm itself is occasioned by a laxity of the fibres, and a bad diet.

The cure must be attempted by attenuating and dissolving the tough phlegm; and secondly, to corroborate or strengthen the fibres, to prevent any further viscosity. The first is answered, by mixing such particles with the food, as will insinuate themselves into the viscid matter, and at the same time gently stimulate the vessels: for this intention, I always use Millipedes, (or Hog-Lice) prepared and rubbed into powder; these with the Testaceous Powders, being administered two or three days, not only help to dislodge and cut the phlegm, but also to carry a great deal of it off by urine: and as a proof of this doctrine, experience well convinces us, diuretics have, and does daily prove serviceable in most disorders of the stomach.

The second indication is answered by sub-astringents, spicy medicines; and the very best for this purpose, is the Peruvian Bark in Powder, which in the few cases that I have tried it, with the remedies abovementioned, has proved as certain a cure in the Chin-Cough as in the Ague. My prescription is thus, after a vomit or two:

Take prepared Hog-Lice, powdered, three Drams; prepared Oyster-shells, and Peruvian Bark, of each two Drams: mix them together in a fine powder, and give the child

child from twenty grains to half a dram of it, twice every day, according to its age, in any vehicle. This should be continued for four or five days, or a week.

In cases where the cough is fixed, or the general cause is from very tough viscid phlegm, the following prescription is a specific:

Take of Cantharides and Camphire, of each two Scruples; rub them very well together, and add to them six Drams of the Extract of the Bark: to be very well mixt for use.

Eight or nine grains of this may be given to a child every fourth hour, or according to the circumstances of the case, in a spoonful of any Julep, in which a little Balsam Capiva* is dissolved. The child's drink to be the common Emulsion, and nothing else, which may be made as follows.

Common Emulsion.

Take of Sweet Almonds, blanched, an Ounce; Gum Arabic, half an Ounce; double-refined Sugar, six Drams; of Barley-Water, a Quart: heat the water in which dissolve the Gums, and when it is quite cold, pour in the water to the bruised Almonds with the Sugar by degrees, rubbing them together at the same time, that the liquor may grow milky; then strain it off.

In cases where the cough is occasioned from a sharp thin rheum, the Preparation of Cantharides, Camphire, &c. will by no means answer the intent; for it is only meant to cure where tough viscid phlegm is the cause, and cannot be expectorated without such a powerful attenuating preparation; and in such cases, it has never been known to fail in any single instance.

The ingenious and learned Dr. HUGH SMITH, a Member of the Royal College of Physicians of London,

* The Balsam Capiva must be dissolved in the yolk of an Egg.

late Physician to the Middlesex Hospital, (and as there are many Gentlemen of the Faculty of the name of Smith in this Metropolis, I choose to particularize this Gentleman, by mentioning that he was an *Alderman of London*) a most able Practitioner in Physic, says, in his *Formulae Medicamentorum*, "That the Hooping-Cough, "to which children are principally subject, is a disease "of the spasmodic kind; and the symptoms are best "relieved by antispasmodic remedies.

"Blood letting and gentle laxatives, are almost universally useful; and emetics occasionally repeated, "are of great service. Blitters, when the symptoms "are urgent, are likewise to be insisted on.—The following are DOCTOR SMITH's prescriptions, translated into English.

Take of the Musk Julep, six Ounces; Paregoric Elixir, half an Ounce; Volatile Tincture of Valerian, one Dram: mix them, and take two spoonful three or four times every day.

Take Milk of Gum Ammoniac, and of small Cinnamon Water, of each two Ounces; Tincture of Castor, two Drams; Syrup of Balsam, half a Dram: mix them, and administer one spoonful presently after.

Towards the decline of the disease, a Decoction of the Bark, in full doses, may be prescribed to advantage.

HUXHAM very judiciously observes, that the periodical return of the *Hooping-Cough*, is often as certain as a fit of an Ague, and is much of the same nature: which is the more probable, because both diseases are generally rise at the same time, depend on the same cause, and are very often cured by the same remedies.

SYDENHAM says, that all oily and mucous remedies, of *old women's* prescribing, only serve to irritate and increase the disease. That learned and able physician, was very judicious in making the remark: for certainly more *adults* and *children*, lose their lives through the ignorance of nurses, and idle people's nostrums, than otherwise would, did they but consult an able physician in the beginning of their disease.

When

When Opiates can be given with safety, none are so much to be depended on in coughs, as the *Paregoric Elixir*. The prescription as ordered by the Royal College of London, I think necessary to publish here.

Take Flowers of Benjamin, and strained Opium, of each two Drams; Camphire, two Scruples; essential Oil of Aniseed, half a Dram; rectified Spirit of Wine, one Quart: digest, and strain off the Elixir. This is originally from LE MORT, and was published by QUINCY, with four ounces of Liquorice, and four of Honey, which the *College have omitted*. It is anodyne and diaphoretic, and greatly contributes to allay tickling coughs, to open the breast, to give freedom of breathing, to cure an asthma, but particularly the HOOPING-COUGH IN CHILDREN. The dose for children is from five drops to twenty; and to grown persons, from twenty to an hundred, at night and morning, in Malaga Wine.

After giving you a brief account of the Hooping-Cough, and prescribing many methods to remove it, the following mode of curing it, may prove as certain as any other.

Bathe the child every morning in a tub of cold spring water, after which rub it very dry, and take great care it don't catch cold.

or,

Take a few Heads of Garlic, bruised, and infuse them in Rum, and rub the vertebræ of the back two or three times every day.

And

Give the Infant half a Pint of Milk, warm from the Cow, every evening, with a little Conserve of Roses dissolved in it, and repeat the like again every morning, if the child can drink it. A few drops of Anisated Balsam of Sulphur, to be given night and morning, has done wonders.

Or,

Or,

In very obstinate cases, where the common vomits, and other remedies have proved *ineffectual*, a *Vomit of Gum Gamboge* may be tried, if finely levigated; from *three to five grains* is a dose, to be repeated occasionally: it both vomits and purges; but is not so safe as many other Vomits; but I have known it cure the disorder in a few days. Keep the child very warm.

In the decline of the disease, from three to ten grains of the best Peruvian Bark in Powder, may be mixt in a little Syrup of Marshmallows, with one, two, three, or more drops, of Tincture of Castor, according to the age of the child, and be given every four hours, if the fever is off. But when the fever returns, give it nothing but diluting liquor, such as Barley-Water, Sage and Baum Tea, or the like: a tea-spoonful of White Wine may be mixt in it occasionally.

Change of air will prove as salutary as any thing; and indeed it may be depended on to be of the utmost service to sickly children, as well as to adult persons.

A P P E N D I X.

AT the time the former part of this Book was at Press, I was requested by many of my Friends, to add a few select Prescriptions for the good of Mankind, and Family Use in general; that those Ladies and Gentlemen, who are in affluence, and who have their Poor Afflicted Neighbours Misfortunes at Heart, may have it in their power, from the following Prescriptions, to render them that salutary Assistance, which one good Christian ought to do for another.

I. Fever Powders.

Take of the best Hungarian Antimony, in Powder, eight Ounces; Shavings of Hartshorn, the same Quantity; put them into a Crucible, then place it in a Furnace, and raise the heat by degrees, till the fire is very fierce, and the powder becomes as white as possible, then take it out, and cool it gradually.

The dose of this Powder, in inflammatory Fevers, after bleeding, is from five to ten grains, in thin syrup, or the like, every six, eight, or ten hours, for a few doses only; or sometimes, in desperate cases, a scruple, or half a dram, may be taken for a dose, with diluting liquors, such as barley-water, and the like, to promote perspiration.

II. Or,

Take eight Grains of Emetic Tartar, levigated, and two Drams and a half and two Grains of the Calx of Antimony, and mix them well together for a Powder. This is to be taken exactly as the one preceding it, in all Colds, and every kind of Fever. There is no kind of Powders for Fevers can be more safe or efficacious.

III. *A Powder and Julep for a Child that is afflicted with violent Spasms in the Stomach and Bowels.*

Take of the best Rhubarb, in Powder, twelve Grains; compound Powder of Crabs-claws, six Grains; Aromatic Spices, six Grains; mix them together in a Marble Mortar, and divide them into four Doses, and give one every fifth hour, mixt in one quarter part of the following Julep :

Take Nutmeg Water, two Drams; simple Mint Water, six Drams; Syrup of Poppies, one Dram; mix them in a Glass Mortar for a Julep.

The above medicines are proposed for children who seem to be in a deal of pain; and they are much more likely to answer a good end, than that dangerous and pernicious preparation of Opium, called Godfrey's Cordial. This is intended for a child from eight to ten months old.

IV. Sweating Powder.

Take purified Nitre, and vitriolated Tartar, of each one Ounce; Opium, and Ipccacuanha, of each two Drams; reduce the Ingredients to a fine Powder, and mix them together for use.

In all obstinate Rheumatisms, and other obstructions, which are to be removed by a severe sweating, nothing can answer better than the above Powder. The dose is from thirty grains to forty.

The afflicted must drink plentifully of warm thin Gruel after taking the dose, and go to bed, and be covered up very warm, and take particular care in not catching cold after it.

V. Powder

V. Powder for Epileptic and Convulsion Fits.

Take Flowers of Zinc, Musk, and facitious Cinnabar, of each equal Parts; mix them together in a Glass or Marble Mortar. The dose is from three grains to ten, and upwards, mixt in a little Treacle or Honey, every night and morning. The use of this Powder, with dipping children in a tub of spring water every morning, has very often relieved them, when every other remedy has proved abortive.

VI. Purging Powders for Worms.

Take of Scammony, Calomel, and the best Turkey Rhubarb, in powder, of each equal Parts; double-refined Sugar, the weight of the whole; rub it all very well together in a Marble Mortar, and keep for use.

The dose for children is from ten grains to twenty-five, once or twice every week. This is preferable to any Quack Medicine whatever.

VII. A Universal Powder for Childrens Disorders

Take of White Magnesia six Drams; Cinnabar of Antimony two Scruples, mix them into a fine powder for use.

This powder will not only prevent the numerous disorders children are liable to, but will also remove many and all that arise from acidities in the Stomach——This is preferable to all other remedies yet known, for children in cutting their teeth, sickness at their stomachs, &c. &c. The dose is from ten grains to half a dram more or less twice a-day.

VIII. Powder to promote Delivery.

Take Borax in fine powder, Castor, Cinnamon, and Myrrh, of each three Drams; Saffron and Savin of each one Dram and half, mix them and make a Powder for use.——A Dram of this Powder facilitates the birth, and promotes the Lochia and Menfes.

IX. *Powder for a Sore Throat.*

Take one Ounce and half of Cream of Tartar, and Half an Ounce of the Purified Nitre, mix them very well together in a Mortar for use.

About six or eight grains of this Powder is to be frequently held in the mouth, and to be gently swallowed down the throat. This very often answers better than gargles——If necessary, lose a little blood and take a brisk purge before you use the Powder.

X. *Powder for Fevers.*

Take Calcined Antimony twelve grains; Tartar emetic four grains; Calcined Hartshorn five grains. Mix them very well together for use.

This prescription I had from a French Jesuit who informed me, that he had given it in the very same manner as James's powders are given, and in every and the same disorders, and that they acted upon the different constitutions equally as *salutary* in every complaint whatever. They are to be taken in the same manner as those mentioned marked No. I.

XI. *Powder for the Bite of a Mad Dog.*

Take native, and facitious Cinnabar, of each twenty-four grains, and sixteen grains of Musk, make them into an impalpable Powder. This is for a dose only, to be taken in a tea-cupful of Arrack, Rum, or Brandy.

XII. Or,

Take of Ash-coloured ground Liverwort, two Ounces; black Pepper, one Ounce, beat them well together and make a fine powder. Take a Dram and half of this powder every Morning fasting for a month——After taking the medicine four Mornings, the Patient then must begin and go into a Cold bath or river every morning for thirty days: after which he may bathe thrice or four times a-week for a fortnight.

XIII. *Powder,*

XIII. *Powder, or Snuff for Disorders of the Head and Eyes.*

Take dried leaves of *Asurabacca*, of *Marjoram*, *Marum Syriacum*, *Lavender*, *Thyme*, and of white *Hellebore* root, of each equal weights, let them be made into a powder, for use.

This is a powerful Errhine, and superior to most or any of those sold under the name of Herb Snuffs.

XIV. *A Bolus for Decay of Nature.*

Take Conserve of *Wormwood* one scruple, Prepared Steel twelve grains, *Ginger*, and *Winters Bark*, of each three grains, Simple Syrup enough to form the Bolus,

This Medicine may be taken every Morning and Evening, in Decay of Constitutions.

XV. *Powder for the Scurvy, Leprosy, &c.*

Take crude *Antimony* finely levigated two Ounces, *Aethiop's Mineral* one Ounce, mix them well together in a Marble Mortar for use.

Sixty grains is a dose every morning and evening in a little honey. If this quantity cause any uneasiness in the stomach, begin and take but forty grains till you can take sixty.——This is an admirable Remedy in all cutaneous Foulnesses; as the Scab, Itch, Herps, Leprosy, Rheumatism, Inflammations in the Eyes, or the like disorders; especially if the Patient be first bled and purged with Calomel.

The common drink ought to be very diuretic whilst under this course.

Also,

XVI. *Alterative Drops for the above Complaints.*

Take of Malt Spirit, one Quart; *Crocus Metallorum* levigated, one Ounce and half; Corrosive Sublimate of Mercury, one Dram and half; *Red Sanders* in gross powder one Dram, *Gentian* roots and dried *Orange peel*, of each half an Ounce; infuse for ten or twelve days, shaking
C c 3 the

the bottle well two or three times a-day for the first week, then when it is fit filter it for use.

The Dose is (to begin with) five or six drops at bed-time, then to add two or three more every dose till you can take sixty, which are to be taken in a cup of Tea every morning at breakfast time, and again about three in the afternoon, and in the evening; but if that quantity be too strong for your stomach, lessen the dose, to what suits your constitution.—This cheap and most valuable remedy is a certain Cure for the Scurvy, Leprosy, Inflammations, Cancers, Fistulous Ulcers, Rheumatisms, Ulcerated and Swelled Legs, Gout, White Swellings, Evil, and every foulness of the blood and juices, let them arise from what cause soever.—Indeed there is no medicine that I know of, can be of equal service in desperate cases to it, if a Decoction of Sassafras be taken with it, about three half pints every day; but in case the Sassafras Tea should cause a pain in the head, as it will in some constitutions, then a Decoction of Guaiacum Wood may be drank in its stead, and if these directions are persisted in, you need apply to no person for relief in those disorders, as their advice can render you no kind of service whatever.—If I had sued out the KING'S ROYAL LETTERS PATENT for this invention, I don't doubt but that I could have sold about an Ounce bottle of it for Six Shillings, as well as many who, perhaps, sell a much worse remedy.

XVII. *Drops for the True Scurvy.*

Take seven Ounces of Spirit of Sweet Nitre; three Ounces of Volatile Tincture of Guaiacum, and two Ounces of Antimonial Wine, mix them for use.

One Tea-spoonful of these Drops to be taken three or four times every day in a quarter of a pint of Decoction of Sassafras sweetened with Syrup of Lemon-juice.

XVIII. *Draught to promote Urine.*

Take French Lemon-juice, two Ounces, Penny-royal water, three Ounces; Salt of Wormwood, forty Grains; Tincture Cantharides, fifteen Drops; Syrup of Marsh-mallows,

mallows, half an Ounce——Mix them for one Draught, to be taken twice every day.

XIX. *A safe Decoction of the Bark with Mercury.*

When the mind is dejected, and the Nervous System debilitated, it will prove a sovereign remedy. *Take of the best Peruvian Bark in Powder, half an Ounce; French Brandy, one Pint; Oil of Peppermint, six Drams; Corrosive Sublimate of Mercury, twelve Grains; mix them together in a bottle, shaking it every day for a week, then in a few days after filter it for use.*

This febrifuge may be taken to the quantity of three tea-spoonsful in a glass of Wine, sweetened with a little Syrup of Saffron, three or four times a-day, taking a Pint of thin Gruel every night and morning——It must be continued till you find relief. Change of air will be very conducive to health.

XX. *Milk for the Jaundice.*

Take one Handful of Hemp-Seed, and boil it in a Pint of Milk till it breaks, sweeten it and strain it; to be taken nine Mornings, it keeps the Body gently open.

XXI. *Ale for the Jaundice.*

Take four Ounces of Hemp-Seed, and boil it in two Quarts of Ale, to three Pints, sweeten and take half a Pint of it every morning till you are cured.

XXII. *A Solution to be taken for the Whites, and Venereal Complaints.*

Take of Quicksilver two Drams, Gum Arabic reduced to a mucilage, Four Drams, rub the Quicksilver with mucilage in a Glass Mortar till the Globules of the silver disappear: afterwards add gradually, still continuing the trituration, an ounce of Syrup of Balsam, and half a Pint of Cinnamon water.

The Dose of this is two table-spoonsful every night and morning. After you have taken it about thirty days, then make use of the *Powerful Elixir* (page 58) as there directed,

directed, in order to brace up the relaxed Vessels, and give strength and vigour to the Constitution.

XXIII. *For Vomitings, Fevers, Bilious Disorders, &c.*

Take Mint Water, Syrup of Lemons, of each four Ounces; Salt of Wormwood, two Drams—Mix them well together for use.

In Vomitings, Hiccups, Rheumatisms, Fevers, and all Disorders from a Sickness in the Blood, no Preparation can be more innocent nor more effacious. Two or three table-spoonsful are to be taken every four or five hours.

XXIV. *Decoction for Catarrhs, Colds, &c.*

Take of Compound Testaceous Powder, one Ounce, Gum Arabic in Powder, half an Ounce, Water two Quarts, boil it till one pint of the water is wasted; then add to the turbid Decoction, of Aromatic Water, one Ounce and half; White Sugar, half an Ounce, and mix the whole well together for use.

This Composition will be found immediately useful in destroying sharp corrosive matter in the stomach, and absorbing all acidities in the first passages—Half a pint of it in Fevers, Colds, or the like disorders may be taken three or four times every day, blood warm.

XXV. *Sweating Draught, for Recent Colds.*

Take of the Spirit Minderens, four Ounces; Syrup of Poppies, and Simple Cinnamon Water, of each one Ounce; Volatile Salt of Hartshorn, half a Scruple: mix them together, for two Draughts, and take one of them when going into bed, and the remainder the second evening after.

In Rheumatisms, Pains in the Head, and other parts, the above Sweating Draught will be found to answer every intent.

XXVI. *A Mixture for Coughs, Asthmas, and Obstructions of the Breast.*

Take of Gum Ammoniac, made into an emulsion, half a Pound;

a Pound; Syrup of Squills, four Ounces: mix them for use.

Two large table-spoonsful of it is a dose, to be taken every two or three hours.

XXVII. *A Decoction for a Putrid Sore Throat.*

Take of the best Peruvian Bark, in gross Powder, one Ounce and half; Virginian Snake-Root, three Drams; boil them together in three Quarts of Water to one Quart; then strain the liquor and add two Drams of Elixir of Vitriol, take a large tea-cupful of it every third hour. To every dose you may add a small quantity of Brandy if you choose it.

The Steam of the following ingredients received into the Throat through a Funnel every hour will do a deal of service.

Take Vinegar, one Pint; Honey, half a Pound; Myrrh, in Powder, half an Ounce: boil them well together, and it is fit for use.

* * Blisters applied to the throat, and behind the ears, are equally as beneficial in this disease, in case the pulse and spirits are very low. If a vomiting continues, Take four table Spoonsful of Lemon Juice, and put to it one Dram of Salt of Tartar; White Sugar, half an Ounce; Mint Water, three Ounces: mix them very well together. The dose is a table spoonful every hour.—This is the famous Saline Julep so much approved of by the Faculty, as an antidote against vomiting and sickness of the stomach. After the disorder is subdued, the patient should take a few Purges of Rhubarb, Senna, or the like. But on the contrary, whilst the putrid ulcers remain in the throat, and a violent looseness should come on, it must be checked, by taking two tea-spoonsful of Diascordium, two or three times a-day.

XXVIII. *Ale for the inward Piles.*

Take half an Ounce of Black Pitch, and Boil it in a Pint of good Ale, till it comes to half a Pint, then drink it off blood warm.

This,

This, though a simple remedy, has proved very effectual in many stubborn cases, where other things of much greater expence has proved abortive.

XXIX. *A Tincture to be used externally for Rheumatic Pains.*

Take Tincture of Cantbarides, thrice times as strong as is commonly made for inward use, and let it be very well rubbed into the parts affected, twice or thrice a-day.

XXX. *An Ale for the Cure of the Jaundice.*

Take one Quart of Ale, and add to it two Ounces of Hemp Seed, and half an Ounce of Turmeric, in powder; Boil them over the fire about a quarter of an hour, then strain it for use. This may be sweetened with coarse sugar. Half a pint of it is a dose; to be taken every morning.

XXXI. *A Wine against the Dropsy.*

Take dried Squills, Rhubarb, Juniper Berries, and Zedoary Root, of each a Dram and a half; Broom Ashes, half an Ounce; put them into a Quart of Old Hock Wine, and infuse for a week or ten days; then decant off what is fine for use. The dose is a wine glass four or five times every day.

A Purge made of Jalap and Buckthorn Syrup, with a little Ginger in it, may be taken once or twice every week.

After the water is entirely drained off, take the Tincture of Bark, with a few drops of Elixir of Vitriol in it, to brace up the relaxed vessels.

XXXII. *Tincture of Rhubarb, for Cholics and Spasms in the Stomach and Bowels.*

Take Rhubarb, bruised in powder, five Ounces; Gentian Root, one Ounce; Virginian Snake-Root, two Drams; lesser Cardamon Seeds, one Ounce; Brandy two Quarts; digest for ten or twelve days, then strain off for use.

This

This is an excellent stomachic and corroborant, as well as purgative. When the digestion is bad, or a weakness in the stomach, nothing can be better adapted: likewise Loosenesses, Fluxes, and Cholics, it can be depended to remove them, if taken from one spoonful to four, or upwards, if required.

XXXIII. *Vomiting Draught.*

Take of *Ipecacuanha*, in fine powder, twenty-five Grains; *Alexiterial Water*, half an Ounce; compound Spirit of *Lavender*, half a Dram; *Syrup of Orange Peel*, one Dram: mix them for use.

XXXIV. Or,

Take *Ipecacuanha Wine*, ten Drams; *Alexiterial Water*, three Drams; compound Spirit of *Lavender*, thirty Drops; *Syrup of Violets*, one Dram: mix.

XXXV. Or,

Take *Oxymel of Squills*, one Ounce and a half; *Tartar Emetic*, levigated, three Grains: mix.]

XXXVI. Or,

Take six Drams of *Ipecacuanha Wine*; half an Ounce of *Antimonial Wine*; one Dram of compound Spirit of *Lavender*.

XXXVII. Or,

Take four Grains of *Emetic Tartar*, levigated; simple *Mint Water*, an Ounce and a half; *Syrup of Violets*, three Drams.

XXXVIII. *Eye-Water.*

Take *Rose Water*, or *Spring Water*, One Quart; *White Vitriol*, two Drams; shake them together, and make a *Collyrium* or *Lotion* for the Eyes.

In all inflammations and sharp defluxions on those organs, this cooling and repelling wash is warranted; to be used at discretion after bleeding, purging, and blistering. If this should prove too sharp for the eyes, more water may be added.

XXXIX.

XXXIX. *Draughts for the Dropsy.*

The three following powerful and elegant Compositions, are ordered by Dr. MEAD, for promoting Urine in Dropfical habits; also for the use of such as cannot make water freely.

Take of Peppermint-Water, one Ounce; simple Cinnamon-Water, half an Ounce; spirituous Cinnamon-Water, two Drams; Thebaic Tincture, forty Drops; Lye of Tartar, half a Dram; Syrup of Marshmallows, one Dram: mix them together for a Draught.

This is the medicine which cured a person labouring under an Ascites, and Tympany at the same time, where the pain was very severe, attended with great thirst, and thick, high-coloured urine, rendered in small quantities. The strong Purges increased the distemper. Soap, lixivial Salts, Balsam of Gilead, Nitre, and the like, all proved abortive. This Draught brought unexpected relief, by procuring rest, and causing a copious discharge of water. By repeating the medicine for some time, every eight hours, and then only twice a-day, and after using corroborants, or medicines that produce strength of body, &c. the cure was perfectly completed.

The other two Draughts following, are very powerful medicines for the Dropsy, and are taken from the practice of the Portuguese Hospital.

XL. *The mild Diuretic Draught for the Dropsy.*

Take of common Water, one Ounce and a half; Diuretic Salt, two Scruples; Oxymel of Squills, one Dram by measure: mix them together for use. This Draught is to be taken three or four times every day.

XLI. *Stronger Diuretic Draught for the Dropsy.*

Take simple Penny-royal Water, an Ounce and a half; fresh Lemon-juice, six Drams; Salt of Wormwood, half a Dram; Tincture of Cantharides, fifteen Drops, simple Syrup, two Drams; mix them for one Draught; to be taken morning and evening.

XLII. *A Water against Consumptions.*

Take leaves of Comfrey the Greater, Solomon's Seal, and Pompinel, each four Handsful, Liquorice-Root two Ounces; infuse them cold for twelve days in two Gallons of Lime-water, and take off the clear liquor for use.

This is very easily made, and is much better than if it were to be distilled. It is of excellent use in such Consumptions as proceed from a sharp thin blood; especially in those who have been injured by a certain bad disease, or have any hereditary remains of scrophulous or leprous humours. It must be drank for about forty days together, to the quantity of a quart or two every day, if the stomach can bear so much. It will also be of the utmost service to wash foul Ulcers with.

XLIII. *Water for the King's Evil.*

Take Sharp-pointed Dock-Roots, half a Pound; Monks Rhubarb, four Ounces; Agaric, two Ounces; Liquorice, Sweet Fennel, and Coriander Seeds, each half an Ounce; Boil in twelve quarts of spring water, till one half be evaporated, and to the strained liquor add two Ounces of Diaphoretic Antimony.

This is useful in Scorbutic and Scrophulous Cases, as a Diet Drink, and has been found more serviceable in those disorders, than a number of the boasted nostrums which are daily advertised; but at the first, sometimes the *Diaphoretic Antimony* being unwashed it proves emetic, though without any inconveniency upon that account, the points of the medicine being left gross enough to velicate, and draw the stomach into such contractions. This also avails considerably in all kinds of impurities in the blood and juices. Its operation is principally expected from its increasing of natural perspiration, and gently scouring all the secretory passages.

XLIV. *A Balsam for Suspicion of inward Ulcerations.*

Take of fine Oil of Olives and Venice Turpentine, of each half a Pound; Yellow Wax, cut thin, four Ounces:

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melt

melt them together, and add Dragons-Blood in fine powder, two Drams, and mix it into a red Balsam.

The Dose is about the size of a nutmeg, every evening and morning.

XLV. *The White Drink.*

Take of the whitish burnt Hartshorn, half a Pound; of Gum Arabic, two Ounces; reduce them into powder, and pour upon them one gallon of boiling water; to which add strong Cinnamon Water, half a Pint; if towards the end of the boiling, add of Tormentil Roots, four Ounces, and two Ounces of Pomgranate Bark, it will make it a restraining decoction.

This is of great efficacy in every kind of Flux, and it will prevail much if drank in Fevers, Small Pox, or Measles, where a looseness must be guarded against.

XLVI. *A Drink for the Jaundice.*

Take of Turmeric Root and of Madder Root, each one Ounce; Leaves of Celandine, with the Flowers; Saint John's-Wort, of each one handful; boil them in three Pints of Spring Water, till they evaporate to two Pints; and to the strained liquor add Syrup of the five opening Roots two Ounces, and mix for use.

The Dose is eight table spoonsful three times a-day.

XLVII. *A Decoction for Decay of the Lungs, or any of the Viscera.*

Take Ground Ivy, Scabions, and Colts-foot, each two handful; Hyssop, one handful; Elecampane-Root, one Ounce; Liquorice, four Ounces; Agrimony, four Handsful; boil them together in nine quarts of Barley Water till they come to about a gallon, then strain it for use.

This Pectoral can be depended on in Coughs and Consumptions of the Lungs.

XLVIII. *For the Asthma, and Shortness of Breath.*

Take of the Milk of Gum-Ammoniac, six Ounces; Syrup of Squills, four Ounces and half: mix them together.

This

This promotes expectoration in a very great degree, and relieves those who are short breathed; it is also justly esteemed for its serviceable properties in asthmatic cases, by rarifying and thinning viscid cohesions in the polmonary vessels. A Spoonful is to be taken four or five times every day, and in particular every morning.

XLIX. *Injection for Ulcers in the Vagina and Womb.*

Take Quicksilver, Balsam Capivæ, of each half an Ounce; beat and work them together, till the Quicksilver is extinguished; then put to the Mass, the Yolk of one Egg; mix them very well together, gradually adding half a Pint of Rose-Water.

As well as for Injections in Ulcers in the Vagina, occasioned from the corrosiveness of a long continuance of the Whites, it is equally as efficacious for a Gonorrhœa, particularly if you are apprehensive of Ulcers in the Urethra. This simple preparation sheaths the ex-coriated parts from the acrimony of urine.

L. *Tincture for the Cholick.*

Take two Ounces of Zedoary-Root bruised; two Drams of Saffron; half a Dram of strained Opium; and two Pints of Aromatic Water; digest them ten or fifteen days, then decant off what is fine for use.

After a purge or two of Rhubarb and Magnesia, (about thirty grains of each mixt together) you may take from two table Spoonsful to four or five occasionally.

LI. *Elixir of Bark, with Sal Ammoniac, for Nervous, Hypochondriac, and Hysterick Afflictions.*

Take two Pints of the sweet Spirit of Sal Ammoniac, and one Ounce of Bark in Gross Powder; infuse ten or twelve days, then filter it for use. The Dose is a Tea-Spoonful four or five times a-day, in a little Hysterick Water.

LII. *Julep for the Cholick.*

Take Fennel-Water, six Ounces; Simple Peppermint-
D d 2 Water,

Water, two Ounces; Tincture of Thebaic, one Dram; Syrup of Oranges, half an Ounce: mix them together for use. In violent pains and inflammations of the bowels, nothing can answer better than the above remedy, in case you bleed before you take it. Three table Spoonful may be taken three or four times every day if found necessary.

After bleeding, nothing can be depended on in all inflammatory disorders of the bowels better than the above mixture; indeed it is certain, that nothing ought to be more esteemed in such diseases, although many authors deny that Opium should be made use of in Inflammations of the Bowels.

LIII. *Convulsive Asthma.*

Take of Purified Quicksilver, one Ounce, and take it at any time of the day you please; and mix one Table Spoonful of Sulphurated Water (commonly called Gas of Sulphur) in a Gill of spring water, and drink it immediately after; and take another Dose of the Sulphurated Water at bed-time. Never bleed let the disorder be ever so violent.

All kinds of Diuretics are useful in this disease, such as turpentine medicines, and the like.

This is to be practised for some time, or it will not prove effectual.

Tea made with Ground-Ivy, Hyssop, and Veronica, and drank about three half Pints each day, will prove useful; and above all change of air if convenient should be complied with.

LIV. *Electuary for the Gravel and Stone.*

Take Uva Ursi, in powder, (buy it at Apothecary's Hall) two Ounces, and with a sufficient quantity of Syrup of White Poppies; make it into an Electuary; and take three or four Tea-Spoonful twice or thrice every day.—Three half Pints of the Cross Bath Water drank with it every day will assist it much.

LV. *Ward's Essence for the Head-Ach.*

Take of French Brandy, or rectified Spirit of Wine,
one

one Quart, put it into a strong bottle; and add one Ounce of Camphire cut small; a quarter of an Ounce of Essence of Lemon; and two Ounces of the strongest Volatile Spirit of Sal Ammoniac. Stop the bottle quite close, and shake it three or four times a-day for a week.

The method of using it is to rub the hand with a little of it, and hold it hard upon the part affected until it is dry; if the pain is not quite relieved, repeat it till it is.

In Mr. Ward's lifetime this very nostrum baffled the curiosity of inquirers, more than all his other remedies; and indeed it is the most simple and less dangerous to be made use of.

LVI. *A Mixture for Deafness.*

Take Oil of Almonds, three Drams; Spirit of Sal Ammoniac, one Dram: mix them for use. A few drops are to be put into the ear, which is afterwards to be stopped with a little wool every night going to bed.

LVII. *For Gleets and Weaknesses in either Sex.*

After a proper course of the solution, or Syrup as mentioned in the Appendix, for the Whites and Venereal Infection, make use of the following Decoction.

Decoction for Gleets.

Take of the best Peruvian Bark, in powder, one Ounce and a half; Galls bruised, half an Ounce; boil them in three Quarts of water to two Quarts, and strain it; then add the Simple Tincture of the Bark, (which can be had at any Chymist's shop) six Ounces.—The Dose is a small Tea-cupful three times every day, with about twenty or thirty Drops of Elixir of Vitriol in the first and last Dose.

LVIII. *Essence for the Head-Ach, or any other Pain.*

Take Volatile Aromatic Spirit, four Ounces; Camphire bruised, half an Ounce; let it be shook up now and then till it is dissolved, and it will be fit for use.

Put a little of it into your hand, and bathe the part affected very often, till the pain vanishes.

LIX. *Extract of Saturn, commonly called Goulard.*

Take *Litharge of Gold*, two Pounds; *White Wine Vinegar*, four Pints; put them together into a glazed pipkin, and simmer them for an hour and a half, stirring them all the while with a piece of flat wood. After it has stood to settle, decant off the fine liquor for use.

The famous French Surgeon, Mr. GOULARD, extolled the above preparation to a wonderful degree, and recommends it in his Treatise for a number of uses, Pimples, or Worms in the Face, or any other places, by only rubbing in a little of it on the parts affected, once every evening when going to bed, will take them off in a few times doing. Also to dip a feather into it and touch a wound two or three times a-week, it will greatly help to heal it; and when two Table Spoonful of it is mixed in a Pint of water, with one Spoonful of Brandy, and shook well together, it is then called *Vegeto Mineral Water*, which will be found very useful in Inflammations, Burns, Bruises, Sprains, Ulcers, and particularly in making cataplasms for sore Breasts, or almost any other disorder that requires poulticing.

LX. *Compound Tincture of Sena, commonly called Daffy's Elixir.*

Take of the best *Sena*, two Ounces; *Jalap*, *Coriander Seeds*, and *Cream of Tartar*, of each one Ounce; coarse *Sugar*, three quarters of a Pound; *Brandy*, three Pints; let them stand for ten or twelve days; then strain off what is fine for use.

This is an agreeable Purge, and nothing can be more useful than to keep it ready made for family use.

The Dose of this elegant and useful remedy is about a small Tea-cupful, to be worked off with warm green tea or gruel.

LXI. *Godfrey's Cordial.*

Take seven Gallons of *Water*, *Raspings of Sassafras*, and *Aniseeds*, of each four Pounds; *Powder of Carraway Seed*, eight Ounces; *Opium*, six Ounces; coarse *Sugar*, fifteen Pounds; boil them altogether, till one
half

half the liquor be evaporated; then strain it through a coarse bag or cloth, and add three Gallons of Spirit of Wine Rectified.

LXII. *Stoughton's Bitters.*

Take Gentian Root, two Ounces; dried Orange-peel, two Ounces and a half; Coccinel, half a Dram, in powder; Proof Spirit or Brandy, two Pounds; let them stand ten or twelve days, and decant off what is clear for use.

LXIII. *Another Method to make Stoughton's Bitters.*

Take Gentian Root sliced; dried Orange-peel cut small, of each two Pounds; Coccinel, in powder, one Ounce; Molasses Spirit, five Gallons; infuse them about ten or twelve days, then decant for use.

LXIV. *Daffy's Elixir.*

Take Sena and Jalap, of each two Pounds; Raspings of Guaiacum, one Pound and a half; Powder of Aniseeds, one Pound; Red Sanders, half a Pound; Pearl Ash, six Ounces; Liquorice Juice, one Pound; Proof Spirit, ten Gallons.

LXV. *Another Method to make Daffy's Elixir.*

Take Liquorice Juice, eight Ounces; Sena, four Pound; Jalap and Carraway Seeds, of each one Pound; Proof Spirit, five Gallons; infuse as above.

LXVI. *Friar's Balsam, commonly called, Turlington's Balsam of Life.*

The true and best method of making it. Take Gum Benjamin, twelve Ounces; Gum Storax, eight Ounces; Balsam of Tolu, (or Peru) four Ounces; Succotrine Aloes, two Ounces; Rectified Spirit of Wine, five Quarts and a Pint; let them stand to digest twelve or fourteen days, then decant for use.

LXVII.

LXVII. *An Electuary for the Rheumatism, flying Pains, &c.*

Take Conserve of Orange-Peel, two Ounces ; Cinna-
bar of Antimony, levigated, one Ounce and half ; Gum
Guaiacum, in powder, one Ounce ; Winters Bark, three
Drams, with a sufficient quantity of Syrup of Orange-Peel;
make it into an Electuary. The Dose is about the quan-
tity of a nutmeg, twice every day.

LXVIII. *Electuary for the Bloody Flux.*

Take of Electuary of Scordium, one Ounce ; Locatellis,
Balsam, (beat very well with the Yolk of an Egg) half
an Ounce ; Powdered Rhubarb, two Drams ; Syrup of
Marsh-mallows, a sufficient quantity, make them into an
Electuary.

LXIX. Or,

Take of Yellow Wax, six Drams ; Spermaceti, two
Drams ; Conserve of Red Roses, three Ounces ; Oil of
Almonds, one Ounce ; Balsamic Syrup, a sufficient quan-
tity—Let the Wax and Spermaceti be melted in the
Oil, over a gentle fire, and then mixed with the Conserve
and Syrup.

Bleed first, and take a Vomit of Ipecacuanha, and
gently purging with Rhubarb ; then take the quantity
of a large nutmeg of the first Prescription twice a-day,
and of the second the same quantity may be taken three
or four times a-day.

LXX. *Paralytic Electuary.*

Take of Conserve of Rosemary-tops, Mustard-seed, pow-
der'd, or its Flower, of each one Ounce and half ; Vir-
ginian Snake Root, Wild Valerian Root, of each ten
Drams ; Castor, in powder, one Dram ; Compound
Spirit of Lavender, three Drams and half ; Syrup of Sas-
saparilla a sufficient quantity to make an Electuary.

There cannot be a better remedy in Disorders of the
Nervous System where the Solids want stimulating, or
inactive viscid juices require to be put in motion. The
Dose of it is the size of a large nutmeg three times
every day with a Glass of White Wine.

LXXI.

LXXI. *A General Poultice for an Indurated Part of a Woman's Breast; or any other Tumour or Swelling upon the Joints, elsewhere; or for Swelled Legs, that have a deal of Pain in the Part affected.*

Take Green Hemlock (or if it cannot be had Green the Dry Leaves will do) four Handsful, boil it in some Water till it be soft, then take it out and bruise it in a Mortar; and with the Crumb of some stale White Bread, boil it in a Pint of Milk till it comes to the consistence of a Poultice, soften it with a little Sweet Oil, and apply it.

This should be repeated every Morning and Evening till the Disorder is removed.

LXXII. *Powder for a Scald Head.*

Take Agaric of the Oak, beat it betwixt a piece of thick Leather, till it becomes a Powder, take a little of it and let it be well rubbed into the Scurf two or three times every day without any kind of addition whatever—This must be continued for sometime.

LXXIII. *Dropsy.*

Take two Ounces of Green Elm Bark, boil it in three Quarts of Water till it be evaporated to three Pints, and when cold decant it for use—Drink a large tea-cupful of it three times every day, to each Dose add about ten Grains of Nitre.

You must abstain from every other kind of Liquor whatever.

LXXIV. *An Ointment to kill Vermin in Childrens Heads.*

Take White Pomatum scented with Essence of Bergamot, two Ounces; Red Precipitate of Mercury, well levigated, one Dram: mix them well together for an Ointment.

Every Evening when going into bed rub some of this Ointment all over the Head to the bottom of the Skin, and put a cap over the Head to sleep in—A few times doing will soon convince the afflicted of its good effects. This Ointment will prove equally as efficacious to adult persons.

LXXV.

LXXV. *Cancers and Schirrous Tumours in the Breast.*

Take at Night of the Extract of the greater stinking Hemlock, (the common Extract of the Shops will not do) one Grain; in the Morning double the quantity; so continue doing every Morning and Evening till you can take from forty to sixty Grains twice every day, from a month to a year or two, if the Cancer will not give way sooner; patience must take place in cases of this kind.

Five or six times every day boil some of the greater stinking Hemlock in as much Milk as will cover it, and apply it as a Poulrice to the Breast, which will be of the utmost service imaginable. It may be softened with a little Ointment of Elder being mixt in the Poulrice.

LXXVI. *Domestic Clyster.*

Take half a Pint of thin Gruel; an Ounce and half of Olive Oil, and a Spoonful of brown Sugar: mix them together; sometimes two or three tea-spoonsful of common Salt may be added.

LXXVII. *Purging Clyster.*

Take Mallows and Camomile-flowers, of each a quarter of an Ounce; Fennel-seeds, one Dram: mix them in a Pint of Water, and boil till they come to half a Pint, then strain it, and add Linseed Oil, Syrup of Buckthorn, and Tincture of Sena, of each two Ounces; Sal gem half an Ounce, and it is fit for use

LXXVIII. *An Elegant and Valuable Plaister for the Stomach.*

Take of soft Labdanum, three Ounces; Frankincense, one Ounce; Cinnamon, expressed Oil of Mace, of each half an Ounce; Essential Oil of Mint, one Dram—Add to the Frankincense melted, first the Labdanum softened by heat, and then the Oil of Mace, afterwards mix these with the Cinnamon and Oil of Mint, and beat them together in a close vessel.

There can be nothing better adapted for a Weak Stomach, Nausea, Vomiting, &c. It is to be spread thick upon leather, and the whole region of the Stomach covered with it, and renewed every second Evening.

LXXX.

LXXIX. *Blistering Plaister.*

Take Burgundy Pitch, Venice Turpentine, and Cantharides, reduced into a very fine Powder, of each an equal quantity. Melt the Pitch &c. a little before it hardens, sprinkle in the Cantharides, and make a Plaister according to Art

LXXX. *Pills for Giddiness, Palsy, Head-Ach, &c.*

Take Native Cinnabar, levigated, two Drams; Castor, and Salt of Amber, of each one Dram; Oil of Marjoram, fifteen Drops; Balsam of Peru, one Dram; Syrup of Piony, a sufficient quantity to make the Mass, and form nine Pills out of every Dram of it. The Dose is three of them to be taken three times a-day.

LXXXI. *Ward's Paste for the Fistula, Piles, &c.*

Take a Pound of Elecampane Root, three Pounds of Fennel-seeds, and one Pound of black Pepper; let these be made into a very fine Powder separately: Take two Pounds of Honey, and the same quantity of Sugar in powder; melt the Honey and Sugar together over a gentle fire, scumming them continually, till they become as bright as Amber; when they are cool, mix and knead them into your powders in the form of a Paste.

The Dose is the size of a nutmeg, morning, noon, and night. This has been found a Specific for the Fistula, Piles, &c

LXXXII. *Peripneumony, or Difficult Breathing in Children.*

Take Tartar Emetic, one Grain, put it into an Ounce of Water, and dissolve it; then give the Child one Teaspoonful of the Mixture every hour, till it Vomits; which is to be encouraged by letting the Child suck, or giving it plentifully of Barley-Water, or very thin Water-Gruel—After the Vomit, put a Blister immediately upon the back, and give it half, or a whole Spoonful of Red Wine mulled, with a little Cinnamon and Sugar in it.

If the Child is strong and lusty you may give it a few

few grains of Jalap, which will purge it and be of Service.

* * This Method has very often saved the Life of many Infants, when their parents have expected they were going to make their exit.

LXXXIII. *Pills for a confirmed Scurvy; complicated with the Leprosy, Ulcers, Inflammations, Fistula in Ano, King's Evil, Rheumatism, or severe Gout; and Obstructions incident to Women, will yield to the following Remedy if persevered in.*

Take Corrosive Sublimate of Mercury levigated, and Powder of Elecampane Root, of each two Scruples; Oil of Cloves, twelve Drops; Rob of Elder, a sufficient quantity to form a mass; of which make eighty Pills.

ONLY ONE of these Pills are to be taken every night till the disorder is eradicated, and by no means take any more at one time, nor any oftener, as they will be attended with the greatest danger. In the course of the day drink three half Pints of Sassafras Tea, or the decoction of Guaiacum Wood, sweetened with coarse Sugar or Liquorice Root.

* * No kind of Mercurial medicine can ever have the effect that may be expected from this in such cruel disorders, therefore the afflicted may depend upon its great success, which has been proved in many deplorable cases, both in town and country. As it is rather a new mode of preparing the Corrosive Sublimate, let not that discourage the regular Practitioner from being bold in this practice, hoping he will make his observations upon its great effects, and furnish the Author occasionally with his comments.

N. B. The unfortunate, who want the assistance of such an *Herculean* remedy, had better not depend upon his own judgment in the preparation nor administering it, but apply to an Apothecary of credit, and desire his assistance throughout the cure.

LXXXIV. *Diuretic Drink.*

Many adult persons are very often afflicted with obstructions from taking a slight cold, which in fact want not the immediate assistance of a Physician. Some have

have a trifling Obstruction at the Stomach, others in the Reins and Kidneys, others are ailing again for want of gentle perspiration, and some have a slight Strangury or Stoppage in the Urinary Passages; therefore in order to remove such inconvenience, any simple Diuretic that will not load the Bladder too fast, may prove salutary in these complaints, without loading the stomach with medicines. And as the JUNIPER BERRY is in so much esteem, and indeed all parts of the tree which produces them are so balsamic, that the glutinous and adhesive properties of their juices preserving them from those decays, which other vegetables are subject to, did embolden VAN HELMONT to say, they were a preservative of Life, and made use of a certain liquor which he had distilled from these Berries, in every or almost all his physical prescriptions where Diuretics were thought necessary; and it really strengthened and fortified the stomach, and proved effectual against *Malignities* and *Epidemical Infections*. Knowing by many experiments made by myself on a Spirit called, MAIDSTONE GENEVA, (which is sold at their Warehouse, in Bishopsgate-Street, where my servant usually orders it; the ingenious Proprietors I have not the pleasure of being acquainted with, neither have I ever been solicited by them to say what I am going to mention) found it to be the cleanest and purest Low Spirit yet invented in this kingdom, and on that account have thought proper to make many of my *Tinctures* and *Solutions* of this good and wholesome composition, which has answered a much better end than when I made use of Malt Spirits; and I do believe, that its production is neither from Malt nor Molasses, but a good, wholesome, pure, cheap Spirit, equal, and indeed, I think, better than the foreign Spirit, called Holland's Geneva, because I believe it to be more wholesome, having given them both a fair trial, and find the MAIDSTONE to be a better *Diuretic*, and has not that disagreeable and smokey taste. In the former part, I mentioned some trifling indispositions from Colds, &c. my reason is, that those who are thus slightly affected, may drink the MAIDSTONE GENEVA, medically made weak with warm water, a little sugar, and a slice of lemon in it; this they may drink as a diluter, every afternoon or evening, before they go into bed, but not to excess, which

will operate as a wonderful good Diuretic, and keep the body in a gentle perspiration, and without any other trouble may throw off that slight indisposition; but care must be taken of catching a fresh cold.

Indeed this invention is the best and most salutary Spirit ever thought of in this kingdom, for if it be drank when diluted, it is not pernicious to the constitution as many other English Spirits are, it contributes to dissipate wind and flatulencies in the stomach and bowels; but the most celebrated and remarkable properties of it do not end there, for it deterges and scours the viscera; and as I mentioned before, the Reins and Urinary Passages; it is good in the Jaundice, Dropsies, Cachexies, Gravel, and Stone, and difficulty of making Water, and particularly Venereal Ulcerations, and erosions in the Urethra, are helped by a moderate use of this valuable Diuretic, diluted with warm or cold water.

The old adage is, that a Prophet hath no honour in his own country, and indeed it is true; but I hope the sensible part of mankind will always encourage the produce of their own country, and in particular the ingenious English Artist, who after much pains, and a great expence, excels foreign nations by his invention.

LXXXV. *Electuary for the Tape Worm.*

Take two Ounces Pulvis Stanni, sifted through the finest hair sieve; mix it in half a Pound of Honey, and after the Patient has taken a Purge, he must then begin and take two or three Tea-Spoonsful of this preparation every morning and evening. As this medicine destroys the Worms, it will be necessary the Patient should take a Purge once a-week of Sena and Manna, which will carry them off.

This remedy never yet failed of destroying every kind of Worms, whether in the stomach or intestines, if persevered in, using it as here directed.

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